

THE Messenger

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Lakes, Bay & Region • September 17 2016

— WUNYA —



— REDCLIFFE REMEMBERS —

LÉONIE: IF SOMEONE ANGERS ME I CAN'T STOP THINKING ABOUT IT **YOUR SAY:** THANKS TO WESTFIELD STAFF • NORTH SOUTH ARTERIAL (FOR AND AGAINST)

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editor@northlakesmessenger.com.au

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Light the Night

Brisbane lights up to beat blood cancer

Brisbane residents will join thousands of Australians and stand together at the Leukaemia Foundation's Light the Night on Friday 7 October to help more people beat blood cancer, a disease which is claiming the life of one Australian every two hours.

Now in its ninth year, Light the Night aims to raise \$2 million to give affected families the emotional support they need and to fund vital blood cancer research into less harrowing treatments and cures.

Other Queensland locations include Bundaberg, Cairns, Gold Coast, Ipswich, Mackay, Sunshine Coast, Toowoomba and Townsville as well as dozens of smaller community walks across the state.

Last year 30,000 people attended walks around the country, each person shining a special lantern:

- Gold, to remember a loved one
- White, for their own blood cancer journey
- Blue, to support others

Chief Executive Officer, Bill Petch says blood cancer is a disease that doesn't discriminate and is claiming more lives than breast cancer and melanoma.

"It's a disease that can develop in anyone, of any age, at any time. More than 60,000 Australians are living with blood cancers including leukaemia, lymphoma and myeloma and, every day, another 35 people are diagnosed," he said.

"The Leukaemia Foundation helps families around Australia through services such as emotional support from diagnosis, through treatment and beyond; accommodation during their loved one's weeks and months of treatment in the city; as well as transport to and from chemotherapy – all at no cost to them."

To help the Leukaemia Foundation reach its \$2-million goal, every adult who signs up for a Light the Night walk is being asked to raise \$100.

www.lightthenight.org.au

Light the Night at the Cultural Forecourt, Southbank on Friday, 7 October from 5.30pm.

The walk commences at 7pm



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Qld's most misunderstood road rules

The State's peak motoring body has put drivers on notice to refresh their knowledge, releasing some of the most commonly misunderstood road rules

RACQ's Lauren Ritchie said too many Queensland motorists were failing to get the basics correct.

"Most Queenslanders won't be surprised to see roundabouts, giving way and mobile phone use while driving are on the list. These are some of the most frequent errors we see on the road," Ms Ritchie said.

"But most of these rules are straight out of driving 101 and many minor crashes are caused by drivers not following some of these very basic road rules."

Ms Ritchie said ignorance of road rules was not a valid excuse.

"A licence is not a right, it's a privilege and it's everyone's responsibility to know the road rules and to drive accordingly," she said.



Here's what we're doing wrong:

Roundabouts:

Drivers approaching a roundabout must use their indicators when entering and turning left, right or making a U-turn, but not when travelling straight ahead. When exiting you must always indicate left just before you exit, unless it is not practical to do so

Giving Way To Pedestrians:

If a driver is turning left or right at an intersection, he or she must give way to any pedestrian crossing the road the driver is entering.

Mobile Phones:

A mobile phone can only be used while

driving in Queensland if it's being used hands-free, and you are not a learner or P1 licence holder under 25 years old

Keeping Left:

On multi-lane roads with a speed limit of more than 80km/h and/or where there is a 'Keep Left Unless Overtaking' sign displayed, motorists must not drive in the right-hand lane unless overtaking, turning right or making a U-turn, avoiding an obstacle or driving in congested traffic

Fog Light Use:

A driver is only permitted to use fog lights if driving in fog, mist or other atmospheric conditions that restrict visibility.

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Get active to save your health, money, and mind

When was the last time you took 60 minutes to get active?

If it was today – well done. If it was last week – there's work to be done. If you can't remember – then take this as a wakeup call.

A world-first study released by the University of Sydney last month revealed the true cost of physical inactivity.

In 2013, the total cost burden of physical inactivity on the Australian economy was \$805 million, including \$640 million in direct costs and \$165 million in productivity losses.

Lifestyle diseases and premature death related to physical inactivity not only harm our economy, but harm individuals, their friends and family.

A sedentary lifestyle can result in chronic diseases, including some cancers, and also reduce our productivity and leave us feeling sluggish.

It is time to shape up, slim down and get moving for a healthier, happier lifestyle.

Cancer Council Queensland spokesperson Katie Cliff explains how:

1. Stand up for your health. One in three Queensland adults spend their weekdays being sedentary. It's

important to schedule in time to be active. At work, implement simple strategies to break up prolonged periods of sitting by taking micro walks or have standing meetings. After work, go for a walk or run, or take part in a fitness class. We recommend adults aim for 60 minutes of moderate intensity activity every day and children aim for at least 60 minutes of moderate to vigorous activity.

2. Friends that sweat together, stay together. When it comes to getting active, research shows having a friend or partner exercise with you can keep you motivated and accountable. Find someone you can trust and team up for a healthier future. Support from a peer can offer positive reinforcement and push you to achieve your goals. Whether you walk together, run together, lift weights or do yoga together – every bit counts.

3. Switch it up. For healthy exercise routines, it's important to diversify your workouts. Include aerobic exercises like running and cycling to increase your heart rate, anaerobic exercises like weight training and muscle strengthening, and exercises that increase your flexibility. Get creative and plan your workout schedule in advance to keep it varied and exciting. This will challenge you and keep you feeling energised each week.

The price of physical inactivity is far weightier than you might realise and can severely affect your health in the short and long term. In addition to that, it is adding a significant burden to our economy.

Make a pledge this week to take small steps towards a healthier, happier future.

For more information about Cancer Council Queensland and for tips on getting active, visit cancerqld.org.au.

There are free Yoga, Zumba, Tai Chi and Pilates classes in parks all across the region



Get Moving and Step Up to Spring

Fitness is free in the Moreton Bay Region this spring

You've got no excuses for not getting active this spring with more than 240 fitness sessions to be delivered in the region's parks as part of Moreton Bay Regional Council's Spring in your Step program.

The activities include group fitness sessions, Yoga, Zumba, Tai Chi and Pilates classes in parks across the region, designed to encourage people of all ages and fitness levels to get moving in an enjoyable and social environment. There's even sessions for children and for parents with their new-born bubs.

"Spring in the Moreton Bay Region offers sublime weather, which is perfect for getting outside into our beautiful parks, taking in the fresh air and doing something positive for your mind, body and spirit," Parks, Recreation and Sport Spokesman, Councillor Darren Grimwade said

"Why workout inside when you can be outside with other people from your local community, doing something healthy, fun and free! It'll put a spring in your step for the rest of the day."

The Spring in your Step program will run over eight weeks, from Monday, 10 October to Sunday, 4 December 2016.

Bookings are essential and can be made online at www.moretonbay.qld.gov.au/spring, by visiting a Moreton Bay Regional Council Customer Service Centre, or by calling council on 5433 2052.



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HOW TO BE CONTENT WITH WHAT YOU HAVE RIGHT NOW

I've noticed that a lot of what we as humans spend our emotional energy on is to search for happiness as the ultimate state-of-being. Societal and parental influences may cause us to believe that when we inevitably experience life's difficult thoughts and emotions, we should do our utmost to suppress or try and get rid of them, or to just keep up a brave face, ignore them and "think positively". This process does little to help us experience the joys of "here-and-now" - living and being content with what we have right in front of us.

I teach my clients that all thoughts and feelings are a normal and natural part of life (even the difficult and unwanted ones) and although we often get caught up in our struggles with difficult and unwanted thoughts and feelings, we do not have to be dictated to by them. We can learn to respond to them more effectively and even use them to help us live our lives the way we really want to.

I use Acceptance and Commitment Therapy (ACT) and Positive Psychological Strategies as my main mode of counselling to teach clients to take effective action that will enhance and improve their quality of life, even in the presence of unwanted emotions. I also help clients explore and uncover their deepest held values and I encourage them to start living according to these; to pursue a rich, full and meaningful life rather than just trying to be happy all the time.

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YOU'RE ALL INVITED TO AN OPEN DAY

The Moreton Bay Regions' Great Northern Garden of Remembrance invites the public on Saturday October 22nd, from 10am to 3pm, to their Annual Open Day showcasing its premier funeral venue at Deception Bay.

The open day is more than just an opportunity to showcase the premises and memorial gardens. "It's about allaying fears and dispelling myths and concerns surrounding cremation" said Manager, Rita-Marie Lenton.

Hosting an open day is a great opportunity to educate people. "It is important people understand how the facility works so they are not fearful of what is a straight-forward process, carried out with great care, sensitivity and dignity" said Mrs Lenton.

Industry representatives from the Public Trustee, Sureplan and Centrelink will be presenting and giving advice on the best ways to prepare for the future, throughout the day. Tours will start in the chapel at 10:00am continuing through the facility and gardens, ending in the refreshments lounge, where the public can ask questions of staff and representatives.

Entertainment will be from Joe the Piper, who will be wandering the grounds playing the bagpipes. There will also be an all-day sausage sizzle & free ice creams plus tea, coffee and cakes in our new refreshment lounge.



The lounge overlooks the grounds so guests feel like they're outside. They can often see kangaroos entering the gardens in the cool of the afternoon. The lounge has large-format broadcast facilities, so family and friends can play slideshows and DVD's to remember their loved ones.

Other facilities include an outdoor gazebo area surrounded by a running waterway. There is also a viewing room, designed to cater for varying cultural belief systems and ceremonies.

Great Northern Garden of Remembrance has opened several new memorial gardens, where families can write one-line expressions on scroll-shaped plaques that reflect something about the person. "For example, if they loved music or fishing the family may want to include a line like 'music was her passion' or 'gone fishing,'" Rita-Marie added.

Developing the grounds is an ongoing process at Great Northern, offering families in the Moreton Bay Region more choices and more options.

Bookings for the Open Day can be made by calling 3888 6622.



Great Northern Garden of Remembrance

31-35 Tallowwood Drive, Deception Bay



The Management and Staff of the
Great Northern Garden of Remembrance
Invite you to our Annual Open Day
Saturday 22nd October from 10:00am~3.00pm

This free event aims to showcase our beautiful premises and memorial gardens whilst allaying fears and dispelling the myths and concerns that surround cremation. We feel it is important that people understand how the facility works, so they do not feel fearful of what is a straight-forward process, carried out with great care, sensitivity and dignity.

It is also a great opportunity to meet industry representatives from the Public Trustee, Sureplan and Centrelink and get advice on the best ways to prepare for the future.

Entertainment from Joe the Piper, who will be wandering the grounds playing the bagpipes.

All day sausage sizzle & free ice creams plus tea, coffee and cakes in our new refreshment room.



Please RSVP by Friday 21st October for catering purposes on 3888 6622 or 3888 3998



The performers prepare by painting themselves with white clay and red ochre



Dr Eve Fesl OAM



The full cast of performers (see below)



The star of local language book Gubbi Gubbi Bush Tucker Girl (see Messenger August 6, 2016). The illustrations in the book were based on Kedesha.



Well known local Michael Connolly



The full scene on the day

Wunya, welcomed Gubbi Gubbi Elder Doctor Eve Fesl OAM, as she introduced the re-enactment of the first landing and indigenous welcome, performed by members of the region's traditional owners, the Gubbi Gubbi people.

Organised by local cultural advisor, Author and Gubbi Gubbi woman Christine Stuart, the event was a huge success. The crowds loved the display, swarming the performers for photos and selfies before and after the performance and the kids involved had a blast.

The performers (cover and above) are, from left to right: **Back row** - Tiana Stuart, Leanne Cloutier, Kirra-Lea Stuart, Dr Eve Fesl, Michael Connolly, Bianca Clark and Christine Stuart. **Middle row** - Kedesha, Zeltekah, Nidalah, Montana and Lauren. **Front row** - Baylee and Patrick.

FYI Wunya (pronounced one-ya) means hello, welcome and goodbye in the Gubbi Gubbi language.



If someone angers me I can't stop thinking about it

Hi Leonie,

I am currently working in retail 30 hours per week. I've found that retail is a very nasty industry and there is a lot of bullying in the form of snide remarks, taking credit for others work and general nastiness.

I know that I'm not the only one going through this kind of dreadful carry on but my issue is that I tend to just keep thinking about things that are done or said to the point of distraction. I keep playing it all over and over in my head til I feel like there is nothing else as important. If someone slights me deliberately or tells lies I find that I just can't stop thinking about it. I play it over and over again in my head and my partner is sick of hearing about it.

The fretting and thinking about the latest thing takes up all my time and energy and I find it hard to concentrate. This thing I have is now threatening my relationship with my partner telling me to quit the job or get a grip. I just feel so angry that these people get away with so much and always do the wrong thing themselves.

One particular person spends the day on her mobile phone and will keep talking even when the store phone is ringing and don't get me started on the constant smoko breaks. I added up that this person has taken up eight breaks a day ending up being around 10 minutes each plus her lunch break.

I do have the same issues in my personal life too. If my sister or mother is being unfair I lock onto that too. How can I control my thoughts and stop this constant focusing on upsets?

Any help would be greatly appreciated.

Nell/Redcliffe

Hi Nell,

Firstly we need to exclude an anxiety disorder or other pathology such as OCD to ensure that your rumination and fixation on events is not driven by a clinical condition. To this end, I suggest you see your doctor for a referral to clinical assessment.

That done, be assured that there are many strategies to help people who ruminate excessively. You have no doubt heard that therapists endorse journaling and this is something that I would like you to consider.

However I don't want you to just journal your thoughts in a conversational style. I would like you to take some time and draw up a template in an exercise book. Create 6 columns like below.

What's the issue?	What do I fear about this?	What about this issue is in my control?	What action can I take?	What action will I take?	What's the worst case scenario?
E.g. Colleagues are leaving their stations for over an hour each day.	They are increasing my workload and playing me for a fool.	I am not their supervisor and cannot performance manage them to put a stop to it.	I could report these people to the supervisor.	I will talk to them first and if no change, I will lodge a formal grievance and let management handle it.	They may hate me for it. The owners may think I am not a team player and I might have to leave.

Handling upsets in this manner helps you to organise your thoughts, get clear about the issues and helps to put your mind in problem solving mode. By clearly identifying the problem, what can be done and what is the worst that can happen, you realise that nothing is catastrophic and you can stand in your own power.

This simple journal technique can be used for all issues including, work, family and romantic relationships. The key here is that you must follow through. You need to decide if an issue is big enough to address. If it is, address it and if it isn't learn to let it go.

Rumination tends to have the affect of creating a feeling of helplessness so it's important to use problem solving skills to empower yourself. If instead of problem solving, you just keep ruminating on the problem you can establish a pattern of negative thought processes which will affect your quality of life.

It's not uncommon for family and friends to become emotionally exhausted with a ruminator and often their patience will run out and they may feel that their only option is to remove themselves.

The next suggestion is to mindfully engage with positive people and positive activities with the idea being to create positive thoughts. When we increase positive interactions and experiences, it tends to alleviate negative thoughts and rumination.

You may have read a recent column where I gave strategies for worrying and many of these work really well with obsessive rumination. Worry and rumination have many commonalities and I feel that these worry strategies would also work well for you.

Til next week, Leonie

E-mail: leonieschilling@bigpond.com

Leonie Schilling is a qualified private practitioner.

For appointments please phone 3886 2715 or 0423 653 841

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5 things you need to know

It's not something we like to think about but being prepared for your funeral will save your family unnecessary financial strain during their time of grief. Daytime TV is full of advertisements for Funeral Insurance. It's important to know all the facts before you make a decision.

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4. Most insurers only cover accidental death in the first year (sometimes in the first 2 years), if you die of a terminal illness, you won't be covered. A Prepaid Funeral is guaranteed – no matter the cause of death.
5. Whether you take out Funeral Insurance, or a Prepaid Funeral Plan, neither will affect your pension or other entitlements.

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Thanks to Westfield Staff

I would like to thank and commend all those staff who so compassionately and efficiently helped my wife last Wednesday at Westfield North Lakes when she "blacked out" when driving in the parking area. D, V, and J, members of security and

concierge desk, you went well beyond the requirements of duty to ensure that there was a safe outcome to the incident, and that we were taken/directed to the best medical help available. You're awesome!

K & B

North South Arterial

Well said G&G,B

There have been so many adverse comments regarding this road. The residents are now realising that Stocklands, the Council and our Councillor have no interests at all about North Lakes. They will rant and rage saying that they bend over backwards but the true situation is that all they want to do is get their photo and name in the local papers.

Their interest is to build more concrete monstrosities and divide the remaining land up into postage stamps and have even more residential accommodation with the increase rate monies for no return to the residents. The next sale will probable be the pristine land on the cnr of Discovery Dr and

Memorial Drive where another huge concrete mess will be constructed.

Still we can all look forward to the completion of the road works in Boundary Rd when we'll be able to watch hundreds and hundreds of more vehicles travelling through our suburb. Would PC let us know what section of Stocklands he/she works in so they can walk down to the original section from Discovery Dr to Anzac Ave where the council has completely ignored the original grasses, shrubs and trees and the are consist of dead plants, and shrubs, bare patches and rubbish throughout the area..

It won't take long for the new section to become the same mess.

Leftie

North South Arterial

Hi guys,

Whilst I am sure that residents around the new NS Arterial are not pleased about their new neighbour and some noise that comes with it, I am also sure that all that live along that corridor have had ample warning that it was coming. We moved here two years ago

and avoided the area as we knew about the road, and I assume being a master planned community that it has been on the cars since day one.

The people living along the road corridor have chosen to do so and will most likely drive the road themselves to enjoy the benefits?

David, North Lakes

North South Arterial

In response to the letter from G & G.

I'm sorry but if you had done your homework when purchasing your home you would have found out that the road was to go through there.

Mind you how you could have missed the giant pylons which I might add have been there for many years

is beyond me, what did you think they were going to use those for??

I suggest if you don't like what's happening in the area maybe you should move to Ascot. I believe we should be thankful for all the new infrastructure in our beautiful community.

Happy As,
DG.

North South Arterial

To the" very unhappy G&G&B"

The "such a disgrace highway" has been marked on the North Lakes maps from the start of construction of the estate, hence the prices of the adjoining properties were always cheaper than

similar houses elsewhere on the estate, so the "devaluing" of the houses happened from the start of buildings STOP whinging and look at what is proposed in future, and enquire as to why they were cheaper!!

Fed up (with the whingers & Whiners) R.P.

WHAT'S ON

Our guide to what's on

Easily submit your event on our homepage

www.northlakesmessenger.com.au

Please direct questions about this free service to editor@northlakesmessenger.com.au

CABOOLTURE RIVER FISHING AND BOATING CLUB BRUNCH FOR DECEPTION BAY PCYC

Date: Sunday 16 October

Time: From 9.30am

Location: Caboolture River Fishing and Boating Club
514 Uhlmann Road, Burpengary

Cost: \$20 Adults \$10 High Schoolers, \$5 Primary Schoolers, FREE Prep & under

The Caboolture River Fishing and Boating Club run an annual fundraising brunch to help support worthy causes. This year the event will assist the Deception Bay PCYC, raising funds to help set up and deliver a program called RUBY for victims of domestic violence in our Moreton Bay Region.

The first 120 tickets sold receive \$20 Stefan voucher. Contact Liz on 0418722975, Jess 0459708369 or Elaine 0414860347 or any member of The Caboolture River Fishing And Boating Club.

DOLLHOUSE & MINIATURE FAIR

Date: Sunday 18th September

Time: 10am to 3pm.

Location: Strathpine Community Centre, Cnr Mecklem St & Gympie Rd, Strathpine.

Cost: Adults \$8, Children Free

Put on by the Brisbane Miniature Enthusiasts Association, the event will have Trading Tables, Miniature Displays & Raffles. For Further information please contact, Julie (President) 0412634764 or Gail (Secretary) 38232499

KILCOY CLASSICS ON WHEELS

Date: Saturday 24 September 2016

Time: 6am to 4pm

Location: Anzac Park, Seib Street North, Kilcoy (next to Kilcoy State High School)

Cost: Gold coin donation

There will be a wide variety of Classic Vintage and Veteran Cars and Motorbikes on display. If you have a classic vehicle 1986 or older and would like to attend entry is just \$10 per vehicle.

This event is run by volunteers with all funds raised going to support the youth of Kilcoy District, through the school chaplaincy program.

The day offers something for everyone from all day breakfast, trade and market stalls offering local wines, coffee and ice cream to children's colouring competition. Drop a gold coin in the donation bucket and be in the running to win prizes throughout the day. Entertainment is by Kilcoy Open Mic.

Gates open at 6am with judging starting at 10am and prize presentations at 2pm.

For more information: www.kilcoyclassiconwheels.blogspot.com.au or email kilcoyclassiconwheels@gmail.com



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Study explains link between chronic pain and anxiety

BY DR ANITA, BRISBANE NORTH PHN

People who live with chronic pain will be very familiar with feelings of frustration and isolation as they struggle to maintain control over everyday activities through a haze brought on by a cocktail of medications.

Patients will often complain that analgesic pain medications offer little respite from chronic pain, which is defined as pain experienced daily for over three months.

But new research by the University of Vermont (USA) into a long-observed, but little-understood connection between chronic pain and anxiety offers a potential target for treatment.

The study's findings, published recently in the journal Biological Psychiatry, show that a peptide neurotransmitter released by the body in response to stress is also increased in response to neuropathic pain.

Neuropathic pain occurs where there is damage to the nerves that transmit pain messages. The study found that rising levels of this peptide neurotransmitter, known as PACAP, contributes to the symptoms people with pain experience.

The researchers examined the expression of PACAP along one of the nervous system's pathways to the 'amygdala', the brain's home base for emotional behaviour.

Using models for chronic pain and anxiety, as well as models that can trace PACAP neurocircuits, the team members were able

to observe where the stress and chronic pain pathways intersected.

The study's senior author Professor Victor May said chronic pain and anxiety-related disorders frequently went hand-in-hand.

While May and his colleagues saw an increase in anxiety-related behaviours in models of chronic pain, the anxious behaviour and pain hypersensitivity were significantly reduced when they applied a 'PACAP receptor antagonist' to block the response.

"By targeting this regulator and pathway, we have opportunities to block both chronic pain and anxiety disorders," Professor May said.

connection between chronic pain and anxiety offers a potential target for treatment.

He explained that his next step was to work with University of Vermont chemistry colleagues to develop small molecule compounds that can antagonize PACAP actions.

"This would be a completely different approach to using benzodiazepine and opioids – it's another tool in the arsenal to battle chronic pain and stress-related behavioural disorders," he said.

This study's findings are especially interesting because they appear to build upon other research which has shown that the anti-anxiety medication mirtazapine may be useful in the treatment of chronic pain.

One such study was published in 2006, in the journal Current Medical Research and Opinion.

It involved 594 patients with a primary diagnosis of at least one chronic pain syndrome and associated depression, who were recruited at psychiatric and/or neurological outpatient facilities throughout Germany.

At the conclusion of the study, the majority of physicians and patients rated the overall efficacy and tolerability of mirtazapine as good or very good and most patients chose to continue the therapy after 6 weeks.

In a 1999 article published in the Journal of Pain and Symptom Management, another researcher discussed a case study of a 47-year-old African American man who had fallen and sustained injuries to his neck and back.

The patient's pain from his injuries eventually became chronic and he developed depression, which his doctors unsuccessfully attempted to treat with a number of different medications.

His doctors then prescribed mirtazapine and after one month, it was noted that his mood had improved and other symptoms of depression decreased as well. But interestingly, the patient also reported that his back pain had significantly diminished.

While this research certainly offers the potential for relief from chronic pain, remember that every person's circumstances are different so please consult your doctor for a clinical diagnosis and prescription if appropriate.

ABOUT DR ANITA

Dr Anita Green (MBBS, MSpMed, FRACGP, FASMF, FAICD) has 30 years experience in both the primary care sector as a general practitioner and in the tertiary care sector with Queensland Health. She has a long-term commitment to undergraduate and postgraduate education, for medical and allied health professionals, and is involved in teaching and research at the University of Queensland.



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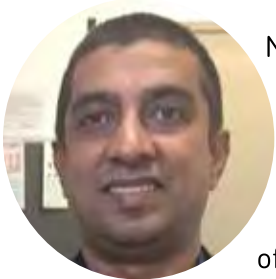
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Your Stars



Aquarius Jan 21-Feb 19: Lots of people will march to the beat of a different drummer, but not every drummer sounds as good as yours does.



Pisces Feb 20-March 20: You can understand how a friend can feel broken hearted, but wonder when the statute of limitations will run out. It's long overdue.



Aries March 21-April 20: Your partners star is on the rise. He's finally found his calling and is going to shine. Good news for life at home.



Taurus April 21-May 21: It's always wise to make sure the people in your life are happy. Relationships will always be stronger than building walls.



Gemini May 22-June 21: You'll be a people magnet right through till the end of September. Put that charisma to work and ask for favours, loans and valuable introductions.



Cancer June 22-July 23: Instead of you going to people, people come to you. It's a welcome change of pace considering all the hurdles you cleared. Enjoy.



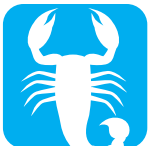
Leo July 24-Aug 23: You can always do better. Push yourself so that bar that lies beyond reach becomes a standard to measure yourself by.



Virgo Aug 24-Sept 23: You're afraid that if you find what you're looking for then your days of exploration will be over. But nothing could be farther from the truth.



Libra Sept 24-Oct 23: Expect to be everyone's favourite obsession over the next few weeks. Great if you're single. Complicated if you're not.



Scorpio Oct 24-Nov 22: It's easy to confuse life with lifestyle. Hopefully the idea of what you should be is in sync with who you are otherwise there could be trouble.



Sagittarius Nov 23-Dec 21: It was great when he swept you off your feet and you rode off into the sunset together, but it's the morning after and your feeling lost, ask for directions.



Capricorn Dec 22-Jan 20: Expect many callers; you'll look like a shining beacon broadcasting your availability. Screen most calls.

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NINE

6.00 PAW Patrol. **6.30** Dora. **7.00** Weekend Today. **10.00** Today Extra: Saturday. (PG) **12.00** Cybershack. (PG) **12.30** Fish'n With Mates. (PG) **1.00** The Block. (PG) **2.10** The Block. (PG) **3.20** The Block. (PG) **4.30** Garden Gurus. **5.00** News: First At Five. **5.30** Getaway. (PG) **6.00** Nine News. **7.00** Rugby League. NRL. Second semi-final. Canberra Raiders v Penrith Panthers. **10.00** Movie: Beverly Hills Cop. (M) (1984) Eddie Murphy, Lisa Eilbacher. **12.10** Movie: Tequila Sunrise. (M) (1988) Michelle Pfeiffer. **2.15** Movie: Zoltan, Hound Of Dracula. (M) (1978) Michael Pataki. **3.50** Nine Presents. **4.00** Fish'n With Mates. (PG) **4.30** Global Shop. **5.00** Cybershack. (PG) **5.30** Wesley Impact.

GO!

6.00 Children's Programs. **1.30** Yu-Gi-Oh! (PG) **2.00** Yu-Gi-Oh! (PG) **2.30** Surfing Australia TV. **3.00** Power Rangers Dino. (PG) **3.30** Yo-Kai. (PG) **4.00** Teen Titans. (PG) **4.30** Ben 10. (PG) **5.00** Justice League Unlimited. (PG) **5.30** Batman. (PG) **6.00** The Pig Who Cried Werewolf. (PG) **6.10** Megamind: The Button Of Doom. (PG) **6.30** Movie: Megamind. (PG) (2010) **8.30** Movie: Little Fockers. (M) (2010) **10.30** Movie: InAppropriate Comedy. (MA15+) (2013) **12.05** Adult Swim. (MA15+) **1.05** The Almighty Johnsons. (M) **2.00** Surfing Australia TV. **2.30** Yo-Kai. (PG) **3.00** Yu-Gi-Oh! (PG) **3.30** Yu-Gi-Oh! (PG) **4.00** Wild Kratts. **4.30** Kate And Mim-Mim. **4.50** Thunderbirds. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Saturday Disney. **7.00** Weekend Sunrise. **10.00** Morning Show. (PG) **12.00** Bewitched. **12.30** To Be Advised. **1.50** To Be Advised. **3.05** To Be Advised. **4.00** Better Homes. **5.00** Creek To Coast. **5.30** Qld Weekender. **6.00** News. **7.00** Movie: Pirates Of The Caribbean: On Stranger Tides. (PG) (2011) Johnny Depp, Penélope Cruz. **9.50** Movie: Paul. (MA15+) (2011) Simon Pegg, Nick Frost. Two sci-fi geeks meet an alien. **12.00** Family Tools. (PG) Jack and Darren get trapped in a room. **12.30** Family Tools. (PG) Terry comes down with the flu. **1.00** Family Tools. (PG) **1.30** Family Tools. (PG) Terry tries to impress a new client. **2.00** Shopping. **4.00** It Is Written. (PG) **4.30** Sons And Daughters. (PG) **5.00** Dr Oz. (PG)

7TWO

6.00 Rio 2016 Paralympic Games. Day 9: Highlights. **7.00** Rio 2016 Paralympic Games. Day 9: Finals. **11.00** Home In WA. **11.30** Great South East. **12.00** Creek To Coast. **12.30** Qld Weekender. **1.00** WA Weekender. **1.30** Sydney Weekender. **2.00** Horse Racing. Naturalism Stakes Day. **5.30** No Reservations. (PG) **6.30** Mighty Cruise Ships. Takes a look at the Avataq. **7.30** Escape To The Country. Denise Nurse helps a couple with a large budget to find a home in rural Gloucestershire. **8.30** Rio 2016 Paralympic Games: Highlights. News, interviews and highlights. **11.00** Rio 2016 Paralympic Games. Day 10: Heats. **2.00** No Reservations. (PG) **3.00** Dr Oz. (M) **5.00** Rio 2016 Paralympic Games. Day 10: Highlights.

TEN

6.00 Fishing Edge. Return. **6.30** The Home Team. **7.00** RPM. **8.00** Family Feud. **8.30** Weekend Feast. **9.30** St10. (PG) **12.00** Motor Racing. Supercars Championship. Sandown 500. Qualifying. **5.00** News. **6.00** Travels With The Bondi Vet. (PG) Dr Chris Brown meets some pets of a different kind in Abu Dhabi and journeys to the Outback. **6.30** Bondi Vet. (PG) Bondi-based vet Dr Chris Brown needs to find a solution to give a brave puppy a second chance at life. **7.30** Rugby Union. Rugby Championship. Round 4. Australia v Argentina. **10.15** Movie: The Pursuit Of Happiness. (M) (2006) Will Smith, Jaden Christopher Syre Smith. **12.40** 48 Hours. (M) **1.30** Shopping. **4.30** It Is Written. (PG) **5.00** Hour Of Power.

ONE

6.00 Shopping. **8.00** Get Smart. (PG) **8.30** Avon Descent. **9.00** World Sport. **9.30** Operation Repo. (PG) **10.00** Hogan's Heroes. **11.00** Raising Hope. (PG) **12.00** ST: Next Gen. (PG) **1.00** Miniseries: King Of The Olympics. (PG) **3.00** The McCarthys. (PG) **3.30** M*A*S*H. (PG) **4.30** Reel Action. **5.00** Driven Not Hidden. **5.30** Escape Fishing With ET. **6.00** The Renovation King. **6.30** Last Man Standing. (PG) **7.30** David Attenborough's Animal Attraction. (PG) **8.30** Megafactories. **9.30** Movie: Another 48 Hrs. (M) (1990) Eddie Murphy. **11.30** Rosewood. (M) **12.30** Bellator MMA. (M) **2.30** RPM GP. **3.00** RPM. **4.00** Motorcycle Racing. MotoGP. Race 13. San Marino Grand Prix. Replay. **5.30** Whacked Out Sports. (PG)

ABC

6.00 Rage. (PG) **10.30** Rage. (PG) **11.40** The Checkout. (PG) **12.10** Birds Of A Feather. (PG) **12.30** QI. (PG) **1.05** Pointless. **1.50** The Men Who Made Us Thin. **2.40** Restoration Man. (PG) **3.30** The Lost Tools Of Henry Hoke. **4.30** Landline. **5.00** Midsomer Murders. (PG) **6.30** Gardening Australia. **7.00** ABC News. **7.30** Agatha Raisin. (PG) **8.20** Agatha Christie's Partners In Crime. (M) **9.15** The Doctor Blake Mysteries. (M) **10.15** Poldark. (PG) Final. **11.15** The Code. (M) **12.15** Rage. (MA15+) **5.00** Rage. (PG)

ABC2

6.00 Children's Programs. **4.45** Pocoyo. **4.55** The Numtums. **5.00** Wallykazam! **5.25** Peg + Cat. **5.40** Peppa Pig. **5.50** Kazoops! **6.00** Hey Duggee. **6.10** Octonauts. **6.20** Peter Rabbit. **6.35** Jamillah And Aladdin. **6.50** Shaun The Sheep. **7.00** Spicks And Specks. **7.30** Highway Thru Hell. **8.15** Would I Lie To You? (PG) **8.45** The Moaning Of Life. (M) **9.35** Live At The Apollo. (PG) **10.20** Catastrophe. (M) **10.45** Broad City. (M) **11.05** Episodes. (M) **11.35** Breaking Bad. (M) **12.25** Breaking Bad. (PG) **1.10** Highway Thru Hell. **1.55** The Moaning Of Life. (M) **2.45** News Update. **2.50** Close. **5.00** Ella The Elephant. **5.10** Boj. **5.20** The Koala Brothers. **5.35** Angelina Ballerina: The Next Steps. **5.45** Abney & Teal.

SBS

6.00 WorldWatch. **9.30** Greek News From Cyprus. **10.30** German News. **11.00** Spanish News. **12.00** Arabic News. **12.30** Turkish News. **1.00** PBS News. **2.00** Small Business Secrets. **2.30** Equestrian. FEI Classics Series. Burghley Horse Trials. **3.30** The Classic Car Show. **4.25** The Greatest Knight: William The Marshal. (PG) **5.25** Who Do You Think You Are? **6.30** SBS World News. **7.35** Million Dollar American Princesses. **8.30** Movie: The Look Of Love. (M) (2013) **10.25** Rockwiz. (M) **11.20** Soccer. EPL. Hull City v Arsenal. **2.15** Grand Tours. **2.45** Cucumber. (MA15+) **3.40** Cucumber. (MA15+) **4.35** Long Distance Information. (M) **4.45** Caldera. (PG) **5.00** CCTV English News. **5.30** NHK World English News.

SBS2

6.00 WorldWatch. **9.40** Serbian News. **10.20** Portuguese News. **11.00** Japanese News. **11.35** Punjabi News. **12.05** Hindi News. **12.30** Dutch News. **1.00** Where Are We Going, Dad? **2.50** Rebel Music. (M) **3.20** Don't Tell My Mother... (PG) **4.15** Don't Tell My Mother... **5.05** Brain Games. **5.35** 365: Every Day Documentaries. **5.40** Movie: The Cat Returns. (G) (2002) **7.00** Food, Booze And Tattoos. (PG) **7.30** If You Are The One. **8.30** What's The Problem With Nudity? (M) **9.30** Halfworlds. New. **10.00** 12 Monkeys. (M) **10.50** Lost Girl. (M) **11.45** Movie: The Sex Of The Angels. (MA15+) (2011) **1.40** Movie: Hemel. (MA15+) (2012) **3.10** Movie: Us. (MA15+) (2013) **5.00** Korean News. **5.30** Indonesian News.



MOVIES

6.05pm Avengers: Age Of Ultron (2015) Action. Robert Downey Jr., Chris Evans. (M) **Premiere** **8.30pm Vacation** (2015) Comedy. Ed Helms, Christina Applegate. (MA15+) **Comedy** **10.15pm Ghosts Of Girlfriends Past** (2009) Comedy. Matthew McConaughey. (M) **Romance** **GENERAL** **8.30pm Dark Matter**. (M) **Syfy** **9.25pm Brief Encounters**. (M) **BBC First** **9.30pm Amy Schumer Presents Rachel Feinstein: Only Whores Wear Purple**. (M) **Comedy Channel** **DOCUMENTARY** **6.30pm Income Property**. (PG) **Lifestyle Home** **9.30pm 3 1/2 Minutes, 10 Bullets**. (M) **Crime & Investigation** **SPORT** **7.30pm AFL**. AFL Finals Series. Semi-final. **Fox Footy** **7.50pm Rugby League**. NRL Finals Series. Second semi-final. **Fox Sports 1** **8.00pm Rugby Union**. The Rugby Championship. Australia v Argentina. **Fox Sports 2**

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

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NINE

6.00 PAW Patrol. **6.30** Dora The Explorer. **7.00** Weekend Today. **10.00** Wide World of Sports. (PG) **11.00** NRL Sunday Footy Show. (PG) **1.00** Full Cycle. **1.30** Community. (PG) **2.00** Rugby League. QRL. Intrust Super Cup. Finals Week 3. **4.30** To Be Advised. **5.00** News: First At Five. **5.30** To Be Advised. **6.00** Nine News. **7.00** The Block. (PG) **8.30** 60 Minutes. **9.30** Doctor Doctor. (M) **10.30** Killer On The Line. (M) **11.30** Unforgettable. (M) **12.30** Constantine. (M) **1.30** Full Cycle. **2.00** The Baron. (PG) **3.00** Global Shop. **3.30** Skippy The Bush Kangaroo. **4.00** Good Morning America: Sunday. **5.00** News Early Edition. **5.30** Today.

GO!

6.00 Children's Programs. **11.30** Wild Kratts. **12.00** Rabbids Invasion. (PG) **12.30** SpongeBob. **1.00** Kate And Mim-Mim. **1.30** Yu-Gi-Oh! (PG) **2.00** LEGO Friends. **2.30** Nexa Knights. (PG) **3.00** Yu-Gi-Oh! (PG) **3.30** Yo-Kai. (PG) **4.00** Teen Titans. (PG) **4.30** Power Rangers Dino. (PG) **5.00** Justice League Unlimited. (PG) **5.30** Ben 10. (PG) **6.00** Batman. (PG) **6.30** Movie: The Phantom. (PG) (1996) **8.30** Movie: Quantum Of Solace. (M) (2008) **10.40** Movie: The Last Stand. (MA15+) (2013) **12.50** Adult Swim. (MA15+) **1.50** GO Surround Sound. (PG) **2.00** Wild Kratts. **2.30** Yo-Kai. (PG) **3.00** Yu-Gi-Oh! (PG) **3.30** SpongeBob. **4.00** Little Charmers. **4.30** Kate And Mim-Mim. **4.50** Thunderbirds. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Doc McStuffins. **6.30** Henry Hugglemonster. **7.00** Weekend Sunrise. **10.00** Morning Show. (PG) **12.00** Movie: Tinkerbell And The Secret Of The Wings. (G) (2012) **1.30** Bewitched. **2.00** Movie: The Sting. (PG) (1973) **5.00** News. **5.30** Great South East. **6.00** News. **7.00** The Big Music Quiz. (PG) **8.00** Sunday Night. Current affairs program, hosted by Melissa Doyle. **9.00** Criminal Minds. (M) The team matches wits with a serial killer after evidence surfaces linking him to a series of kidnappings. **10.00** Criminal Minds. (M) A killer unleashes an anthrax virus. **11.00** Motive. (M) **12.00** Scandal. (M) **1.00** Scandal. (M) **2.00** Shopping. **3.30** Harry's Practice. **4.00** NBC Press. **5.00** News. **5.30** Sunrise.

7TWO

6.00 Rio 2016 Paralympic Games. Day 10: Highlights. **7.00** Rio 2016 Paralympic Games. Day 10: Finals. **11.00** Tennis. Davis Cup. World Group Play-Offs. Day 3. Australia v Slovakia. **5.00** SCU. (PG) The unit investigates a tragic crash. **5.30** Intolerant Cooks. **6.00** Mighty Cruise Ships. Takes a look at the Norwegian Breakaway. **7.00** For The Love Of Dogs. (PG) **7.30** World's Most Extreme Waterways. (PG) A look into the most extreme waterways across the world, with eyewitness stories and rare archive footage. **8.30** In Rio Today. News, interviews and highlights from the 15th Summer Paralympic Games in Rio de Janeiro. **11.00** Rio 2016 Paralympic Games. Day 11: Heats. **3.30** Harry's Practice. **4.00** This Rugged Coast.

TEN

6.00 Mass. **6.30** Hillsong. **7.00** Athletics. Sydney Running Festival. **10.30** The Talk. (PG) **11.30** Motor Racing. Supercars Championship. Sandown 500. Race 20. **5.00** News. **6.00** Family Feud: Sunday. Hosted by Grant Denyer. **6.30** Modern Family. (PG) Phil visits Alex at university. **7.00** Modern Family. (PG) Jay decides to take flying lessons. **7.30** Australian Survivor. Tribal tensions continue to escalate when two people come to blows over their sleeping arrangements. **8.40** Movie: Divergent. (M) (2014) Shailene Woodley, Theo James, Kate Winslet. A teenager uncovers a conspiracy. **11.25** 48 Hours. (M) A look at the murder of Danielle Nemetz. **12.25** 48 Hours. (M) **1.30** Shopping. **4.00** Healthy Homes TV. **4.30** CBS Morning.

ONE

6.00 Shopping. **8.00** Rugby Union. Rugby Championship. Round 4. Australia v Argentina. Replay. **10.45** World Sport. **11.00** Reel Action. **11.30** Healthy Homes Australia. **12.00** 4x4 Adventures. **1.00** Undercover Boss. (PG) **2.00** Monster Jam. **3.00** Megafactories. **4.00** Extreme Fishing. (PG) **5.00** What's Up Down Under. **5.30** iFish. **6.00** Family Feud: Sunday. **6.30** M*A*S*H. (PG) **7.30** Scorpion. (PG) **8.30** Attenborough's Tiger: Spy In The Jungle. (PG) **9.30** Movie: Turkey Shoot. (MA15+) (2014) Dominic Purcell, Viva Bianca, Robert Taylor. **11.25** Megafactories. (PG) **12.25** World Sport. **12.55** Homeland. (M) **4.00** Vegas. (M) **5.00** Driven Not Hidden. **5.30** Whacked Out Sports. (PG)

ABC

6.00 Rage. (PG) **7.00** Weekend Breakfast. **9.00** Insiders. **10.00** Offsiders. **10.30** Australia Wide. **11.00** World This Week. **11.30** Songs Of Praise. **12.00** Landline. **1.00** Gardening Australia. **1.30** The Mix. **2.00** Agatha Christie's Partners In Crime. (M) **3.00** Poldark. (PG) Final. **4.10** Australian Story. **4.40** Julia Zemiro's Home Delivery. (PG) **5.10** Agatha Raisin. (PG) **6.00** Anh's Brush With Fame. (PG) **6.30** Compass. **7.00** ABC News Sunday. **7.40** Howard On Menzies: Building Modern Australia. **8.40** Vera. (M) **10.10** The Bletchley Circle. (PG) **10.55** The Honourable Woman. (MA15+) **11.55** Meet The Mavericks. (M) **12.25** Rage. (MA15+) **1.55** Agatha Christie's Poirot. (M) **3.30** Vera. (M) **5.00** Insiders.

ABC2

6.00 Children's Programs. **4.10** Wiggle. **4.25** Mister Maker Around The World. **4.45** Pocoyo. **4.55** The Numtums. **5.00** Mike The Knight. **6.00** Hey Duggee. **6.10** Octonauts. **6.20** Peter Rabbit. **6.35** Jamillah And Aladdin. **6.50** Shaun The Sheep. **7.00** Spicks And Specks. (PG) **7.30** Seconds From Disaster. (PG) Final. **8.20** Swamp Brothers. (PG) **8.40** Trump's Angry America. (M) **9.10** Welcome To Leith. (MA15+) **10.35** Dumb, Drunk And Racist. (MA15+) **11.05** Louis Theroux's Weird Weekends. (PG) **11.55** The Men Who Made Us Spend. **12.45** Seconds From Disaster. (PG) **1.40** News Update. **1.45** Close. **5.00** Ella The Elephant. **5.10** Boj. **5.20** The Koala Brothers. **5.35** Sally And Possum. **5.50** Joe & Jack.

SBS

6.00 France 24 English News. **6.30** Deutsche Welle. **6.50** Futsal. FIFA Futsal World Cup. Australia v Ukraine. **8.15** Filipino News. **8.40** French News. **9.30** Soccer. EPL. Hull City v Arsenal. Replay. **12.00** Arabic News. **12.30** Turkish News. **1.00** The Bowls Show. **2.00** Speedweek. **4.00** Cycling. Port To Port MTB. Highlights. **5.00** Small Business Secrets. **5.30** Nazi Megastuctures. (PG) **6.30** SBS World News. **7.30** The Celts. (PG) **8.35** Obama: Eight Years Of Power. **10.50** Satudarah: One Blood. (M) **12.25** Movie: Revolutionary Road. (M) (2008) Kate Winslet. **2.30** Movie: Aftershock. (M) (2010) Fan Xu. **5.00** CCTV English News. **5.30** NHK World English News. **5.45** France 24 Feature.

SBS2

6.00 WorldWatch. **8.30** Macedonian News. **9.00** PopAsia. (PG) **10.00** Croatian News. **10.30** Serbian News. **11.00** Japanese News. **11.35** Punjabi News. **12.05** Hindi News. **12.30** Dutch News. **1.00** The Brain: China. **2.55** Friday Feed. **3.25** Community. (PG) **3.50** Community. (PG) **4.20** Web. (PG) **5.40** 365: Every Day Documentaries. **5.45** Where Are We Going, Dad? **7.30** If You Are The One. **8.30** MythBusters. (PG) **9.30** Travel Man. **9.55** Full Frontal With Samantha Bee. (M) **10.25** I'm A Stripper. (M) **11.20** Savage U. (M) **11.50** Pervert Park. (M) **1.15** Movie: Norwegian Wood. (MA15+) (2010) **3.40** CCTV News In English From Beijing. **5.00** Korean News. **5.30** Indonesian News.



MOVIES

6.30pm Wild (2014) Biography. Reese Witherspoon, Laura Dern. (MA15+) *Masterpiece*

8.30pm Star Wars: Episode VII – The Force Awakens (2015) Sci-fi. Harrison Ford, Daisy Ridley. (M) *Masterpiece Premiere*

8.30pm The Piano (1993) Drama. Holly Hunter, Anna Paquin. (M) *Masterpiece*

GENERAL

6.30pm So You Think You Can Dance: The Next Generation. FOX8

8.30pm A Place To Call Home.

Showcase

9.30pm Nothing Left Unsaid: Gloria Vanderbilt & Anderson Cooper. *Showcase*

DOCUMENTARY

8.30pm Weather Gone Viral. (PG) *Discovery Science*

9.30pm Alaska Monsters. (M) *Animal Planet*

SPORT

8.00am Golf. PGA Champions Tour. First Tee Open. Second round. *Fox Sports 2*

2.30pm Rugby Union. Mitre 10 Cup. Round 5. Waikato v Taranaki. *Fox Sports 4*

11.30pm Tennis. Davis Cup. Semi-finals. Final day. *Fox Sports 2*

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SEASONAL EFFECTS ON THE SKIN

By Amy Dohle, Beauty Therapist
Zen Chi Natural Therapies & Wellness Centre

Similar to our ever changing seasons, our skin goes through its own transformation. Our skin is the largest organ in the body and is vulnerable to many of the environmental hazards.

A combination of humidity levels, extreme cold, varying indoor and outdoor environments, can all cause damage to the skins protective outer layer. Cold winds and low temperatures, especially in winter, can dry out the skin, unbalancing the level of natural oils, contributing to dryness, sensitivity and premature ageing.

Vital lipids (oils) between cells get stripped away, leaving harmful gaps in the natural defensive barrier of our skin. What does this mean? In simple terms... harmful elements can get in causing inflammation and redness, while the good moisture gets rapidly sucked out. This can leave the skin feeling and looking tight, dehydrated, itchy, thirsty, dull, flaky, dry around the eyes, tingly, stinging and cheeks may also go a little pink.

Our faces are constantly exposed to the outside forces so you may find that your skin just needs some extra TLC during the winter season.

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NINE

6.00 Today. **9.00** Today Extra. (PG) **11.30** Morning News. **12.00** The Ellen DeGeneres Show. (PG) **1.00** Extra. **1.30** The Block. (PG) **3.00** News Now. **4.00** Afternoon News. **5.30** Millionaire Hot Seat. **6.00** Nine News. **7.00** A Current Affair. **7.30** The Block. (PG) **8.40** The Case Of JonBenét Ramsey. **10.40** Killing Spree. (M) **11.40** Undateable. (M) Return. **12.10** Short Poppies. (PG) **12.35** Short Poppies. (PG) Final. **1.00** Anger Management. (M) **1.30** Extra. **2.00** Danoz Direct. **2.30** Global Shop. **3.00** Skippy The Bush Kangaroo. **3.30** Good Morning America. **5.00** News Early Edition. **5.30** Today.

GO!

6.00 Children's Programs. **1.30** Kate And Mim-Mim. **2.00** Sonic Boom. (PG) **2.30** SpongeBob. **3.00** Little Charmers. **3.30** Power Rangers Dino. (PG) **4.00** Kids' WB. (PG) **4.05** Looney Tunes. **4.30** Batman. (PG) **5.00** Ben 10. (PG) **5.30** Teen Titans. (PG) **6.00** Regular Show. (PG) **6.30** Adv Time. (PG) **7.00** The Middle. (PG) **7.30** Top Gear. (PG) **9.00** Movie: The Last Boy Scout. (MA15+) (1991) **11.10** Tattoo Fixers. (MA15+) **12.10** Surfing Australia TV. **12.35** Adv Time. (PG) **1.00** Regular Show. (PG) **1.30** Ben 10. (PG) **2.00** Power Rangers Dino. (PG) **2.30** Kate And Mim-Mim. **3.00** Sonic Boom. (PG) **3.30** Yu-Gi-Oh! (PG) **4.00** Power Rangers. (PG) **4.30** Batman. (PG) **4.50** Thunderbirds. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **9.00** The Morning Show. (PG) **11.30** News. **12.00** Movie: Fly Away Home. (PG) (1996) **2.00** The Daily Edition. **3.00** The Chase. **4.00** News. **5.00** The Chase Australia. **6.00** News. **7.00** Home And Away. (PG) Brody struggles with his memories. **7.30** Zumbo's Just Desserts. (PG) **8.45** Mrs Brown's Boys. (M) Mrs Brown is determined to have a safe and peaceful Christmas at home. **9.30** Mrs Brown's Boys. (M) Mrs Brown finds herself being wooed by the best friend of her late husband. **10.15** Big Bang. (PG) **10.45** Big Bang. (PG) **11.15** The Goldbergs. (PG) **11.45** The Goldbergs. (PG) **12.15** Packed To The Rafters. (PG) **1.15** The Real Seachange. **2.00** Shopping. **4.00** NBC Today. **5.00** News. **5.30** Sunrise.

7TWO

6.00 Shopping. **7.00** Harry's Practice. **8.00** Rio 2016 Paralympic Games. Day 11: Highlights. **9.00** Rio 2016 Paralympic Games: Closing Ceremony. **11.00** NBC Today. **12.00** Escape To The Country. **1.00** Lovejoy. (PG) **2.00** The Great Outdoors. **3.00** The Zoo. **3.30** RSPCA Animal Rescue. **4.00** Medical Emergency. (PG) **4.30** 60 Minute Makeover. (PG) **6.30** Bargain Hunt. **7.30** Rosemary & Thyme. (PG) Two ladies get caught up in a murder mystery. **8.30** Wallander. (M) Answering a routine call, Wallander discovers the bodies of an old man and his wife at a farmhouse. **10.30** Air Crash Investigation. (PG) **11.30** Bargain Hunt. **12.30** Lovejoy. (PG) **1.30** Dr Oz. (PG) **4.30** This Rugged Coast. **5.30** Harry's Practice.

TEN

6.00 Ent. Tonight. **6.30** The Home Team. **7.00** Ben's Menu. **7.30** Studio 10. (PG) **11.00** The Talk. **12.00** Dr Phil. **1.00** To Be Advised. **2.10** Ent. Tonight. **2.40** GCBC. **3.00** Judge Judy. (PG) **3.30** My Market Kitchen. **4.00** Ben's Menu. **4.30** Bold. (PG) **5.00** News. **6.00** Family Feud. **6.30** The Project. **7.30** Australian Survivor. **9.00** Have You Been Paying Attention? (M) Special guests include Glenn Robbins, Urzila Carlson, Marty Sheargold, Cal Wilson and Sam Pang. **10.00** The Odd Couple. (PG) **10.30** The Odd Couple. (M) **11.00** Elementary. (M) **12.00** The Project. **1.00** The Late Show With Stephen Colbert. (PG) **2.00** Shopping. **4.00** Healthy Homes TV. **4.30** CBS Morning.

ONE

6.00 Shopping. **8.00** The Offroad Adventure Show. **9.00** Fries. (PG) **10.00** M*A*S*H. (PG) **11.00** Hogan's Heroes. **12.00** Get Smart. (PG) **1.00** White Collar. (PG) **3.00** Jake And The Fatman. (PG) **4.00** Diagnosis Murder. (PG) **5.00** Star Trek. (PG) **6.00** Family Feud. **6.30** M*A*S*H. (PG) **7.30** Undercover Boss. (PG) **9.30** Motor Racing. Formula 1. Race 15. Singapore Grand Prix. From Marina Bay Street Circuit, Singapore. **10.30** Sex&Drugs&Rock&Roll. (M) Return. **11.00** Sex&Drugs&Rock&Roll. (MA15+) **11.30** Friends With Better Lives. (M) Final. **12.00** Get Smart. (PG) **12.30** Home Shopping. **2.00** Diagnosis Murder. (PG) **3.00** Hogan's Heroes. **4.00** Jake And The Fatman. (PG) **5.00** Vegas. (M)

ABC

6.00 ABC News Breakfast. **9.00** ABC News Mornings. **10.00** Landline. **11.00** Compass. **11.30** Eggheads. **12.00** News At Noon. **1.00** The Bletchley Circle. (PG) **1.45** Call The Midwife. (PG) **2.45** Auction Room. **3.15** The Cook And The Chef. **3.45** The Bill. (PG) **4.10** Murder, She Wrote. (PG) **5.00** ABC News: Early Edition. **5.30** The Drum. **6.00** One Plus One. **6.10** Pointless. **7.00** ABC News. **7.30** Mad Dogs. (M) **1.15** The Mix. **1.45** Rage. (MA15+) **4.00** Call The Midwife. (PG) **5.00** Eggheads. **5.30** The Bill. (PG)

ABC2

6.00 Children's Programs. **4.55** Hoot Hoot Go! **5.00** Wallykazam! **5.25** Peg + Cat. **5.40** Peppa Pig. **5.50** Kazoobs! **6.00** Hey Duggee. **6.10** Octonauts. **6.20** Octonauts. **6.35** Jamillah And Aladdin. **6.50** Shaun The Sheep. **7.00** Spicks And Specks. (PG) **7.30** River Monsters. (PG) **8.20** The Story Hunters. **8.30** Louis Theroux: Return To The Most Hated Family. (M) **9.30** We Want Our Country Back. (MA15+) **10.30** Dumb, Drunk And Racist. (MA15+) **11.00** Dirty Laundry. (M) **11.50** Jimmy Fallon. (PG) **12.30** River Monsters. (PG) **1.20** Jimmy Fallon. (PG) **2.05** News Update. **2.10** Close. **5.00** Ella The Elephant. **5.10** Boj. **5.20** The Koala Brothers. **5.35** Angelina Ballerina: The Next Steps. **5.45** Abney & Teal.

SBS

6.00 WorldWatch. **8.40** French News. **9.30** Greek News From Cyprus. **10.30** German News. **11.00** Spanish News. **12.00** Arabic News. **12.30** Turkish News. **1.00** Al Jazeera. **2.00** André Rieu: Love In Venice. **3.00** Strandwolf. **3.55** Coast. (PG) **5.00** Backroads USA. **5.30** Letters And Numbers. **6.00** The Little Paris Kitchen. **6.30** SBS World News. **7.30** 24 Hours In Emergency. (M) **8.30** Richard Hammond's Jungle Quest. **9.25** The Five. (M) **10.20** SBS News. **10.55** The World Game. **11.25** Spiral. (MA15+) **12.25** Spiral. (M) **1.25** Movie: Monkeys In Winter. (M) (2006) **3.00** 24 Hours In Emergency. (M) **4.25** Food Lovers' Guide To Australia. **5.00** CCTV English News. **5.30** NHK World English News.

SBS2

6.00 WorldWatch. **11.35** Punjabi News. **12.05** Hindi News. **12.30** Dutch News. **1.00** Urdu News. **1.30** Tamil News. **2.00** Thai News. **2.30** Sri Lankan Sinhalese News. **3.00** Bangla News. **3.30** Romanian News. **4.00** Illusions Of Grandeur. **4.30** The Island With Bear Grylls USA. (PG) **5.25** 365: Every Day Documentaries. (PG) **5.30** Daria. **6.00** If You Are The One. **7.05** Brooklyn Nine-Nine. (PG) **7.30** The Feed. **8.00** The Mindy Project. (PG) **8.35** The Mindy Project. (PG) **9.05** Unplanned America. (M) **9.35** Miniseries: Tut. (MA15+) **11.10** Sex Diaries. (M) **12.05** The Feed. **12.35** Danger 5. (M) **1.05** Movie: Submarine. (M) (2010) **3.00** RT News In English From Moscow. **5.00** Korean News. **5.30** Indonesian News.



MOVIES

8.30pm Creed (2015) Drama. Michael B. Jordan, Sylvester Stallone. A young boxer turns to his late father's friend for help in training him. (M) **Premiere** **8.30pm Training Day** (2001) Crime. Denzel Washington, Ethan Hawke. (MA15+) **Action** **10.45pm Hot Pursuit** (2015) Comedy. Reese Witherspoon, Sofia Vergara. (M) **Premiere** **GENERAL** **10.00am The 68th Primetime Emmy Awards.** (PG) **Arena** **8.30pm Fear The Walking Dead.** (MA15+) **FX** **9.30pm The Mysteries Of Laura.** (M) **Universal Channel** **DOCUMENTARY** **9.30pm You Should Really See A Doctor.** *Lifestyle* **You** **9.30pm Tiny House Nation.** (PG) *Lifestyle* **Home** **10.15pm Herb & Dorothy.** *FoxTel Arts* **SPORT** **10.00am Baseball.** Major League. Sunday Night Game. **ESPN2** **7.30pm AFL 360.** *Fox Footy* **10.30pm Cycling.** UCI World Tour. Eneco Tour. Stage 1. *Eurosport*

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

1909

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NINE

6.00 Today. **9.00** Today Extra. (PG)
11.30 Morning News. **12.00** The
 Ellen DeGeneres Show. (PG) **1.00**
 Extra. **1.30** Hot In Cleveland. (PG)
2.00 The Block. (PG) **3.00** News
 Now. **4.00** Afternoon News. **5.30**
 Millionaire Hot Seat. **6.00** Nine
 News. **7.00** A Current Affair.
7.30 The Block. (PG) **8.40** The
 Case Of JonBenét Ramsey. **10.40**
 CSI: Crime Scene Investigation.
 (M) **11.40** CSI: Crime Scene
 Investigation. (M) **12.35** 20/20.
1.30 Danoz Direct. **2.30** Global
 Shop. **3.00** Extra. **3.30** Good
 Morning America. **5.00** News Early
 Edition. **5.30** Today.

GO!

6.00 Children's Programs. **1.00**
 Ninjago: Masters Of Spinjitzu.
 (PG) **1.30** Kate And Mim-Mim.
2.00 Sonic Boom. (PG) **2.30**
 SpongeBob. **3.00** Little Charmers.
3.30 Over The Garden Wall. (PG)
4.00 Kids' WB. (PG) **4.05** Looney
 Tunes. **4.30** Batman. (PG) **5.00**
 Ben 10. (PG) **5.30** Teen Titans.
 (PG) **6.00** Regular Show. (PG) **6.30**
 Adv Time. (PG) **7.00** The Middle.
 (PG) **7.30** Big Bang. (PG) **8.30**
 Movie: I Am Legend. (M) (2007)
10.30 Movie: Blade. (MA15+)
 (1998) **1.00** Regular Show. (PG)
1.30 Ben 10. (PG) **2.00** Over The
 Garden Wall. (PG) **2.30** Kate And
 Mim-Mim. **3.00** Sonic Boom.
 (PG) **3.30** Yu-Gi-Oh! (PG) **4.00**
 Power Rangers. (PG) **4.30** Batman.
 (PG) **4.50** Thunderbirds. **5.30**
 Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **9.00** The Morning
 Show. (PG) **11.30** News. **12.00**
 Movie: Love At The Christmas
 Table. (PG) (2012) **2.00** The Daily
 Edition. **3.00** The Chase. **4.00**
 News. **5.00** The Chase Australia.
6.00 News. **7.00** Home And Away.
 (PG) **7.30** Zumbo's Just Desserts.
 (PG) The contestants face a "big"
 challenge. **8.45** 800 Words. (PG)
 George's first date with Katie is
 the only news anyone in Weld
 seems to be talking about. **9.45**
 Ramsay's Kitchen Nightmares USA.
 (M) Gordon Ramsay travels to
 Massachusetts to visit a successful
 beachside grill called Barefoot
 Bob's. **10.45** Chicago Fire. (M)
11.45 Blood & Oil. (M) New. **12.45**
 Wild Boys. (PG) **2.00** Shopping.
4.00 NBC Today. **5.00** News.
5.30 Sunrise.

7TWO

6.00 Shopping. **7.00** Match It.
7.30 Flushed. **8.00** Toybox. **8.30**
 Harry's Practice. **9.00** Home And
 Away: The Early Years. (PG) **9.30**
 NBC Today. **12.00** Air Crash
 Investigation. (PG) **1.00** Lovejoy.
 (PG) **2.00** The Great Outdoors.
3.00 Nabbed. (PG) **3.30** Crash
 Investigation Unit. (PG) A woman
 is struck by a van. **4.00** Medical
 Emergency. (PG) A motorcyclist
 collides with a bus. **4.30** 60
 Minute Makeover. (PG) **6.30**
 Bargain Hunt. **7.30** Kingdom.
 (PG) **8.30** Inspector Morse. (M)
 A body is found in Oxford Canal
 and the only clue to its identity
 is a connection with one of the
 colleges. **10.50** Border Patrol.
 (PG) **11.50** Bargain Hunt. **12.50**
 Lovejoy. (PG) **1.50** Dr Oz. (PG)
5.00 This Rugged Coast.

TEN

6.00 Ent. Tonight. **6.30** The Home
 Team. **7.00** Ben's Menu. **7.30**
 Bold. (PG) **8.00** Family Feud. **8.30**
 Studio 10. (PG) **11.00** The Talk.
12.00 Dr Phil. **1.00** To Be Advised.
2.30 GCBC. **3.00** Judge Judy.
 (PG) **3.30** My Market Kitchen.
4.00 Ben's Menu. **4.30** Bold. (PG)
5.00 News. **6.00** Family Feud.
6.30 The Project. **7.30** Australian
 Survivor. Hosted by Jonathan
 LaPaglia. **8.30** NCIS. (M) The
 passengers of a plane travelling
 from New Orleans are poisoned,
 and the evidence points to Abby's
 brother. **9.30** NCIS: LA. (M) Sam
 and Callen head to Africa. **10.30**
 NCIS: New Orleans. (M) **11.30**
 The Project. **12.30** The Late Show
 With Stephen Colbert. (PG) **1.30**
 Shopping. **4.00** Healthy Homes TV.
4.30 CBS Morning.

ONE

6.00 Home Shopping. **8.00**
 Places We Go. **8.30** The
 Offroad Adventure Show. **9.00**
 Megastructures. (PG) **10.00**
 M*A*S*H. (PG) **11.00** Hogan's
 Heroes. **12.00** Get Smart. (PG)
1.00 White Collar. (PG) **3.00**
 Jake And The Fatman. (PG) **4.00**
 Diagnosis Murder. (PG) **5.00** Star
 Trek. (PG) **6.00** Family Feud. **6.30**
 M*A*S*H. (PG) **7.30** 48 Hours.
 (M) **8.30** Movie: Spy Game. (M)
 (2001) Robert Redford, Brad
 Pitt, Catherine McCormack,
 Stephen Dillane. **11.05** Rosewood.
 (MA15+) **12.05** Home Shopping.
2.05 Diagnosis Murder. (PG) **3.00**
 Hogan's Heroes. **4.00** Jake And
 The Fatman. (PG) **5.00** Vegas. (M)

ABC

6.00 ABC News Breakfast. **9.00**
 ABC News Mornings. **10.00** Four
 Corners. **10.45** Media Watch. (PG)
11.00 Back Roads. (PG) **11.30**
 Eggheads. **12.00** News At Noon.
1.00 Pointless. **1.45** Call The
 Midwife. (PG) **2.45** Auction Room.
3.15 The Cook And The Chef.
3.45 The Bill. (PG) **4.10** Murder,
 She Wrote. (PG) **5.00** ABC News:
 Early Edition. **5.30** The Drum. **6.00**
 One Plus One. **6.10** Pointless.
7.00 ABC News. **7.30** 7.30. **8.00**
 Catalyst. (PG) **8.30** Recognition:
 Yes Or No? **9.35** Foreign
 Correspondent. **10.00** Meet The
 Mavericks. **10.35** Lateline. **11.05**
 The Business. **11.20** Q&A. **12.25**
 The 50 Year Argument. (MA15+)
2.05 Rage. (MA15+) **4.00** Call
 The Midwife. (PG) **5.00** Eggheads.
5.30 The Bill. (PG)

ABC2

6.00 Children's Programs. **4.45**
 Pocoyo. **4.55** The Numtums. **5.00**
 Wallykazam! **5.25** Peg + Cat. **5.40**
 Peppa Pig. **5.50** Kazoops! **6.00**
 Hey Duggee. **6.10** Octonauts.
6.20 Peter Rabbit. **6.35** Jamillah
 And Aladdin. **6.50** Shaun The
 Sheep. **7.00** Spicks And Specks.
 (PG) **7.30** Good Game. (M) **8.30**
 Why Don't You Speak English?
 (M) **9.20** The Last Whites Of
 The East End. (M) **10.20** Dumb,
 Drunk And Racist. (M) **10.50**
 The Checkout. (PG) **11.20** Dirty
 Laundry. (M) **12.10** Jimmy Fallon.
 (PG) **12.50** Good Game. (M) **1.50**
 Jimmy Fallon. (PG) **2.30** News
 Update. **2.35** Close. **5.00** Ella
 The Elephant. **5.10** Boj. **5.20** The
 Koala Brothers. **5.35** Angelina
 Ballerina: The Next Steps. **5.45**
 Abney & Teal.

SBS

6.00 WorldWatch. **9.30** Greek
 News From Cyprus. **10.30** German
 News. **11.00** Spanish News.
12.00 Arabic News. **12.30** Turkish
 News. **1.00** PBS News. **2.00** Celtic
 Woman: Destiny. **3.30** Secrets
 Of A Strange Cloud. **4.35** The
 Man-Eating Tigers Of Sumatra.
 (PG) **5.30** Letters And Numbers.
6.00 The Little Paris Kitchen. **6.30**
 SBS World News. **7.30** Who Do
 You Think You Are? **8.30** Insight.
9.30 Dateline. **10.00** SBS News.
10.30 The Legacy. (M) Final. **11.35**
 Movie: Mommo The Bogyman.
 (PG) (2009) **1.20** The Dales. **1.50**
 The Dales. **2.20** The Dales. **2.45**
 The Dales. **3.15** The Dales. **3.40**
 World's Most Dangerous Roads.
 (PG) **4.55** SBS Flashback. (PG) **5.00**
 CCTV English News. **5.30** NHK
 World English News.

SBS2

6.00 WorldWatch. **1.30** Tamil
 News. **2.00** Thai News. **2.30** Sri
 Lankan Sinhalese News. **3.00**
 Bangla News. **3.30** Nepali News.
4.00 The Feed. **4.30** The Island
 With Bear Grylls USA. (PG) **5.25**
 365: Every Day Documentaries.
5.30 Daria. (PG) **6.00** If You Are
 The One. **7.00** Brooklyn Nine-Nine.
 (PG) **7.30** The Feed. **8.00** Full
 Frontal With Samantha Bee. (M)
8.30 Tiger Takes On... (MA15+)
9.35 Raised By Wolves. (M) **10.05**
 Raised By Wolves. (M) **10.30** Girls
 And Sex 2.0. (MA15+) **11.35** The
 Feed. **12.05** Nick Helm's Heavy
 Entertainment. (M) **12.40** Dig. (M)
1.50 Dig. (M) **2.40** @midnight.
 (M) **3.10** @midnight. (M) **3.45**
 France 24 News In English From
 Paris. **5.00** Korean News. **5.30**
 Indonesian News.

AUSTAR

MOVIES
7.30pm Oddball
 (2015) Family. Shane
 Jacobson, Sarah
 Snook. (G) **Family**
8.30pm Bridget
Jones's Diary (2001)
 Comedy. Renée
 Zellweger, Colin Firth.
 (M) **Masterpiece**
8.30pm Shooter
 (2007) Action. Mark
 Wahlberg, Michael
 Peña. (MA15+)
Action

GENERAL
GENERAL
7.30pm Australia's
Next Top Model.
 (PG) **FOX8**
8.30pm Hell On
Wheels. (MA15+) **FX**
9.30pm Ray
Donovan. (MA15+)
Showcase

DOCUMENTARY
8.30pm Heston's
Mission Impossible.
 (M) **Lifestyle Food**
8.30pm The War
That Changed The
World. (MA15+)
History

9.30pm Jo Frost:
Nanny On Tour.
Lifestyle You
SPORT
10.00am Ice
Hockey. World Cup.
 Group Stage. Russia
 v North America.
ESPN2
10.15am Gridiron.
 NFL. Week 2.
 Philadelphia Eagles v
 Chicago Bears.
ESPN
7.00pm Soccer.
 FFA Cup. Fox
Sports 4

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

2009



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NINE

6.00 Today. **9.00** Today Extra. (PG)
11.30 Morning News. **12.00** The
 Ellen DeGeneres Show. (PG) **1.00**
 Extra. **1.30** Hot in Cleveland. (PG)
2.00 The Block. (PG) **3.00** News
 Now. **4.00** Afternoon News. **5.30**
 Millionaire Hot Seat. **6.00** Nine
 News. **7.00** A Current Affair.
7.30 The Block. (PG) **8.40** Doctor
 Doctor. (M) **9.40** Amazing Medical
 Stories. (PG) **10.40** The Truth
 About Exercise. (PG) **11.40** Stalker.
 (M) **12.30** Weeds. (MA15+) **1.00**
 Extra. **1.30** Danzo Direct. **2.30**
 Skippy The Bush Kangaroo. **3.00**
 Global Shop. **3.30** Good Morning
 America. **5.00** News Early Edition.
5.30 Today.

GO!

6.00 Children's Programs. **1.30**
 Kate And Mim-Mim. **2.00** Sonic
 Boom. (PG) **2.30** SpongeBob. **3.00**
 Little Chameleons. **3.30** Rabbids
 Invasion. (PG) **4.00** Kids' WB. (PG)
4.05 Looney Tunes. **4.30** Batman.
 (PG) **5.00** Ben 10. (PG) **5.30** Teen
 Titans. (PG) **6.00** Regular Show.
 (PG) **6.30** Adv Time. (PG) **7.00**
 The Middle. (PG) **7.30** Auction
 Hunters. (PG) **8.30** Movie: The
 Hunt For Red October. (PG) (1990)
11.15 GO Surround Sound. **12.25**
 Looney Tunes. **12.30** Adv Time.
 (PG) **1.00** Regular Show. (PG)
1.30 Ben 10. (PG) **2.00** Rabbids
 Invasion. (PG) **2.30** Kate And
 Mim-Mim. **3.00** Sonic Boom.
 (PG) **3.30** Yu-Gi-Oh! (PG) **4.00**
 Power Rangers. (PG) **4.30** Batman.
 (PG) **4.50** Thunderbirds. **5.30**
 Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **9.00** The Morning
 Show. (PG) **11.30** News. **12.00**
 Movie: A Child Lost Forever. (PG)
 (1992) **2.00** The Daily Edition.
3.00 The Chase. **4.00** News.
5.00 The Chase Australia. **6.00**
 News. **7.00** Home And Away. (PG)
7.30 Border Security. (PG) **8.00**
 The Force: Behind The Line. (PG)
 Police execute a search warrant
 on a house where they believe
 a male is selling drugs and may
 also have firearms. **8.30** Movie:
 Godzilla. (M) (2014) Aaron Taylor-
 Johnson, Bryan Cranston. Giant
 monstrosities ravage the world.
10.30 Air Crash Investigation.
 (PG) **11.30** To Be Advised. **12.00**
 Benefits Street. (M) **1.00** Happy
 Endings. (PG) **1.30** Happy Endings.
 (PG) **2.00** Shopping. **4.00** NBC
 Today. **5.00** News. **5.30** Sunrise.

7TWO

6.00 Shopping. **7.00** Match It.
7.30 Flushed. **8.00** Toybox. **8.30**
 Harry's Practice. **9.00** Home
 And Away: The Early Years. (PG)
9.30 NBC Today. **12.00** Border
 Patrol. (PG) **1.00** Lovejoy. (PG)
2.00 The Great Outdoors. **3.00**
 Cook Me The Money. (PG) **4.00**
 Medical Emergency. (PG) **4.30**
 60 Minute Makeover. (PG) **6.30**
 Bargain Hunt. **7.30** Doc Martin.
 (PG) Mark's naturopath sister
 comes to town. **8.30** Lewis. (M)
 A prominent Oxford University
 figure is implicated in the murder
 of a graduate who is found dead
 near his houseboat. **10.30** Waking
 The Dead. (MA15+) The squad
 searches for a killer. **11.45** Bargain
 Hunt. **12.45** Lovejoy. (PG) **2.00**
 Shopping. **4.00** Dr Oz. (PG) **5.00**
 This Rugged Coast.

TEN

6.00 Ent. Tonight. **6.30** The Home
 Team. **7.00** Ben's Menu. **7.30** Bold.
 (PG) **8.00** Family Feud. **8.30** Studio
 10. (PG) **11.00** The Talk. **12.00**
 Dr Phil. **1.00** To Be Advised. **2.00**
 Ent. Tonight. **2.30** GCBC. **3.00**
 Judge Judy. (PG) **3.30** My Market
 Kitchen. **4.00** Ben's Menu. **4.30**
 Bold. (PG) **5.00** News. **6.00** Family
 Feud. Hosted by Grant Denyer.
6.30 The Project. A look at the
 day's news. **7.30** The Bachelorette
 Australia. Return. Meet Georgia
 Love, who has a once-in-a-lifetime
 chance to find true love from
 among 16 of Australia's most
 eligible bachelors. **9.00** To Be
 Advised. **11.00** Hawaii Five-0.
 (M) **12.00** The Project. **1.00** The
 Late Show With Stephen Colbert.
 (PG) **2.00** Shopping. **4.00** Healthy
 Homes TV. **4.30** CBS Morning.

ONE

6.00 Home Shopping. **8.00**
 International Fishing Series. **8.30**
 Reel Action. **9.00** Monster Jam.
10.00 M*A*S*H. (PG) **11.00**
 Hogan's Heroes. **12.00** Get Smart.
 (PG) **1.00** White Collar. (PG) **3.00**
 Jake And The Fatman. (PG) **4.00**
 Diagnosis Murder. (PG) **5.00** Star
 Trek. **6.00** Family Feud. **6.30**
 M*A*S*H. (PG) **7.30** Robson's
 Extreme Fishing Challenge. (PG)
8.30 Megafactories. **9.30** Shark
 Tank. (PG) **10.30** 24: Live Another
 Day. **11.30** Sons Of Anarchy.
 (MA15+) **12.30** Home Shopping.
2.00 Diagnosis Murder. (PG) **3.00**
 Hogan's Heroes. **4.00** Jake And
 The Fatman. (PG) **5.00** Vegas. (M)

ABC

6.00 News. **9.00** News Mornings.
10.00 Q&A. **11.05** Children's
 Programs. **11.30** Eggheads. **12.00**
 News. **12.30** Press Club. **1.30**
 Pointless. **2.15** Jennifer Byrne
 Presents. **2.45** Auction Room. **3.15**
 The Cook And The Chef. **3.45** The
 Bill. (PG) **4.10** Murder, She Wrote.
 (PG) **5.00** News. **5.30** The Drum.
6.00 One Plus One. (PG) **6.10**
 Pointless. **7.00** News. **7.30** 7.30.
8.00 Anh's Brush With Fame. (PG)
 Four Corners. (M) **9.10** Katering
 Show. (M) Final. **9.20** You Can't
 Ask That. (M) **9.40** QI. (M) **10.10**
 Would I Lie To You? (PG) **10.45**
 Lateline. **11.15** The Business. **11.30**
 Four Corners. **12.15** Media Watch.
 (PG) **12.35** The Weekly. (M) **1.05**
 QI. (M) **1.35** Would I Lie To You?
 (PG) **2.05** The Kangaroo Gang. (M)
3.05 Late Programs.

ABC2

6.00 Children's Programs. **4.25**
 Mister Maker Around The World.
4.45 Pocoyo. **4.55** The Numtums.
5.00 Wallykazam! **5.25** Peg
 + Cat. **5.40** Peppa Pig. **5.50**
 Kazoops! **6.00** Hey Duggee. **6.10**
 Octonauts. **6.20** Peter Rabbit. **6.35**
 Jamillah And Aladdin. **6.50** Shaun
 The Sheep. **7.00** Spicks And
 Specks. (PG) **7.30** River Monsters.
 (PG) **8.20** The Story Hunters. **8.30**
 Why Don't You Speak English?
 (M) **9.20** Reggie Yates. (M) **10.15**
 Dumb, Drunk And Racist. (M)
10.50 Foreign Corre. **11.50** Dirty
 Laundry. (M) Final. **12.50** Jimmy
 Fallon. (PG) **1.30** River Monsters.
 (PG) **2.20** News Update. **2.25**
 Close. **5.00** Ella The Elephant.
5.10 Boj. **5.20** The Koala Brothers.
5.35 Angelina Ballerina: The Next
 Steps. **5.45** Abney & Teal.

SBS

6.00 WorldWatch. **8.10** Filipino
 News. **8.40** French News. **9.30**
 Greek News From Cyprus. **10.30**
 German News. **11.00** Spanish
 News. **12.00** Arabic News. **12.30**
 Turkish News. **1.00** PBS News.
2.00 Coast Modern. **3.00** Dateline.
3.30 Insight. **4.30** Wild Poland.
5.30 Letters And Numbers. **6.00**
 The Little Paris Kitchen. **6.30** SBS
 World News. **7.35** Great American
 Railroad Journeys. **8.35** 24 Hours
 In Emergency. (M) **9.30** The Secret.
 (MA15+) **10.25** SBS News. **11.00**
 Class Of 92: Out Of Their League.
 (M) **12.10** Movie: No Rest For
 The Wicked. (MA15+) (2011)
2.10 Movie: Night And Fog.
 (MA15+) (2009) **4.25** Food Lovers'
 Guide To Australia. **5.00** CCTV
 English News. **5.30** NHK World
 English News.

SBS2

6.00 WorldWatch. **11.00** Japanese
 News. **11.35** Punjabi News. **12.05**
 Hindi News. **12.30** Dutch News.
1.00 Urdu News. **1.30** Tamil News.
2.00 Thai News. **2.30** Sri Lankan
 Sinhalese News. **3.00** Bangla
 News. **3.30** African News. **4.00**
 The Feed. **4.30** The Island With
 Bear Grylls USA. (PG) **5.25** 365:
 Every Day Documentaries. (PG)
5.30 Daria. (PG) **6.05** If You Are
 The One. **7.10** Brooklyn Nine-
 Nine. (PG) **7.35** The Feed. **8.05**
 Geeks Who Drink. (PG) **8.30** 6
 Days To Air: The Making Of South
 Park. **9.20** Movie: Uncle Buck.
 (PG) (1989) **11.10** Movie: The
 Jerk. (M) (1979) **12.55** The Feed.
1.25 UnREAL. (M) **2.15** UnREAL.
 (M) **3.00** Cockroaches. (M) **3.35**
 Deutsche Welle. **5.00** Korean
 News. **5.30** Indonesian News.



MOVIES

6.35pm Black Swan
 (2010) Thriller. Natalie
 Portman, Mila Kunis.
 (MA15+) **Masterpiece**
7.30pm We Bought
A Zoo (2011) Drama.
 Matt Damon, Scarlett
 Johansson. (PG)
Family

8.30pm Mission:
Impossible – Rogue
Nation (2015)
 Action. Tom Cruise,
 Jeremy Renner.
 Ethan Hunt goes
 up against a sinister
 organisation known
 as The Syndicate. (M)
Premiere

GENERAL
7.30pm Family Guy.
 (M) FOX8
9.30pm Law &
Order: LA. (MA15+)
Universal Channel
10.30pm Jimmy
Kimmel Live.
 (MA15+) *Comedy*
Channel

DOCUMENTARY
7.30pm Gogglebox
Australia. (MA15+)
Lifestyle

8.30pm Bondi
Vet. (PG) *National*
Geographic People
9.30pm Australian
Story. (PG) *National*
Geographic People

SPORT
10.00am Ice
Hockey. World Cup.
 Group Stage. Canada
 v US. *ESPN2*
7.00pm Soccer.
 FIFA Cup. *Fox Sports 4*
7.00pm AFL
Tonight.
Fox Footy

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

2109



Looking for a strong and loyal man, who is also smart? Meet Boreas!

Boreas is a young and energetic fellow who lives an active life. He is a cancer, loves long walks on the beach and enjoys a nice home cooked meal (every now and then).

He is a handsome man with an exotic Eurasian heritage.
His Mother is Chinese (Shar Pei) and English (Staffy) and his Dad is Australian (Red Heeler).

Unlike many males, Boreas loves public displays of affection – he's not afraid to kiss you in front of your friends and he quite likes to snuggle.

What's more, he learns things really quickly and does everything you tell him. That's right! He is an obedient young man.

Having said this, Boreas doesn't like sharing too much - he's the kind of guy who wants all your attention to himself. This means he'd like you to be home often. He is a wee bit of a mummy's boy so wouldn't actually mind if you are a stay at home mum, who is around all the time.

Boreas is an extremely loyal and faithful guy who will reward you with so many kisses and hugs, you'll think you've won the lotto.

He is an open minded kind of guy, so he doesn't mind if there is already a male or female on the scene (of the fur kind) but will need a little bit of time to get to know them.

If you can see yourself forging a lifelong relationship with Boreas, visit www.safehavenanimalrescueinc.com and browse the 'Adoptions' section.



ANIMALS ON THE ROAD TO FREEDOM

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www.safehavenanimalrescueinc.com



NINE

6.00 Today. **9.00** Today Extra. (PG) **11.30** Morning News. **12.00** The Ellen DeGeneres Show. (PG) **1.00** Extra. **1.30** Hot In Cleveland. (PG) **2.00** The Block. (PG) **3.00** News Now. **4.00** Afternoon News. **5.30** Millionaire Hot Seat. **6.00** Nine News. **7.00** A Current Affair. **7.30** RBT. **8.30** The NRL Footy Show. (M) **10.30** Las Vegas With Trevor McDonald. (M) **11.30** The AFL Footy Show. (M) **1.30** Anger Management. (M) **2.00** Danoz Direct. **2.30** Global Shop. **3.00** Extra. **3.30** Good Morning America. **5.00** News Early Edition. **5.30** Today.

GO!

6.00 Children's Programs. **1.30** Kate And Mim-Mim. **2.00** Sonic Boom. (PG) **2.30** SpongeBob. **3.00** Little Charmers. **3.30** Rabbids Invasion. (PG) **4.00** Kids' WB. (PG) **4.05** Looney Tunes. **4.30** Batman. (PG) **5.00** Ben 10. (PG) **5.30** Teen Titans. (PG) **6.00** Regular Show. (PG) **6.30** Adv Time. (PG) **7.00** The Middle. (PG) **7.30** Mom. (M) **8.30** 2 Broke Girls. (M) **9.30** Two And A Half Men. (M) **10.30** Rick And Morty. (M) **11.30** Sullivan & Son. (M) **12.00** Cops Uncut. (MA15+) **12.30** Adv Time. (PG) **1.00** Regular Show. (PG) **1.30** Ben 10. (PG) **2.00** Rabbids Invasion. (PG) **2.30** Kate And Mim-Mim. **3.00** Sonic Boom. (PG) **3.30** Yu-Gi-Oh! (PG) **4.00** Power Rangers. (PG) **4.30** Batman. (PG) **4.50** Thunderbirds. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **9.00** The Morning Show. (PG) **11.30** News. **12.00** Movie: Dancing At The Harvest Moon. (PG) (2002) **2.00** The Daily Edition. **3.00** The Chase. **4.00** News. **5.00** The Chase Australia. **6.00** News. **7.00** Home And Away. (PG) Chris makes a big decision. Mason cannot hide his feelings for Evelyn any longer. **8.00** Dogs Make You Laugh Out Loud. (PG) Takes a look at amusing moments featuring dogs which have been caught on camera. **9.00** Selling Houses Australia. Meet a couple who built their own home and are now trying to sell it. **10.10** Saved. (M) Part 2 of 4. **11.10** Code Black. (M) **12.10** Revenge. (M) **1.05** Revenge. (M) **2.00** Shopping. **4.00** NBC Today. **5.00** News. **5.30** Sunrise.

7TWO

6.00 Shopping. **7.00** Match It. **7.30** Flushed. **8.00** Toybox. **8.30** Harry's Practice. **9.00** Home And Away: The Early Years. (PG) **9.30** NBC Today. **12.00** Doc Martin. (PG) **1.00** Lovejoy. (PG) **2.00** The Great Outdoors. **3.00** Property Ladder. (PG) **4.00** Medical Emergency. (PG) **4.30** 60 Minute Makeover. (PG) **6.30** Bargain Hunt. Contestants compete to make a profit. **7.30** Father Brown. (M) **8.30** Murdoch Mysteries. (M) Murdoch teams up with a brilliant French detective to solve a case. **9.30** Some Mothers Do 'Ave 'Em. (PG) Frank and Betty take a second honeymoon. **11.00** One Foot In The Grave. (PG) **11.45** Bargain Hunt. **12.45** Psychic TV. (M) New. **3.45** Lovejoy. (PG) **5.00** Harry's Practice. **5.30** Shopping.

TEN

6.00 Ent. Tonight. **6.30** The Home Team. **7.00** Ben's Menu. **7.30** Bold. (PG) **8.00** Family Feud. **8.30** Studio 10. (PG) **11.00** The Talk. **12.00** Dr Phil. **1.00** To Be Advised. **2.30** GCBC. **3.00** Judge Judy. (PG) **3.30** My Market Kitchen. **4.00** Ben's Menu. **4.30** Bold. (PG) **5.00** News. **6.00** Family Feud. **6.30** The Project. A look at the day's news. **7.30** The Bachelorette Australia. Hosted by Osher Günsberg. **8.30** Gogglebox. TV fanatics open up their living rooms to reveal their reactions to popular and topical TV shows. **9.30** Law & Order: SVU. (M) A reporter claims to have been assaulted. **10.30** Blue Bloods. (M) **11.30** The Project. **12.30** The Late Show With Stephen Colbert. (PG) **1.30** Shopping. **4.00** Escape With ET. **4.30** CBS Morning.

ONE

6.00 Home Shopping. **8.00** Motor Racing. Formula 1. Race 15. Singapore Grand Prix. Replay. From Marina Bay Street Circuit, Singapore. **9.00** 4WD Touring Australia. **10.00** M*A*S*H. (PG) **11.00** Hogan's Heroes. **12.00** Get Smart. (PG) **1.00** White Collar. (PG) **3.00** Jake And The Fatman. (PG) **4.00** Diagnosis Murder. (PG) **5.00** Star Trek. (PG) **6.00** Family Feud. **6.30** M*A*S*H. (PG) **7.30** Gold Coast Cops. (PG) **8.30** Megastructures. (PG) **9.30** Cops: Adults Only. (PG) **10.30** Clubland. (M) **11.00** Undercover Boss. (PG) **12.00** Home Shopping. **2.00** Cops: Adults Only. (PG) **3.00** Bellator MMA. (M) **5.00** Vegas. (M)

ABC

6.00 News. **9.00** News Mornings. **10.00** Australian Story. **10.30** Foreign Corre. **11.00** Who's Been Sleeping In My House? **11.30** Eggheads. **12.00** News. **12.30** Press Club. **1.30** Pointless. **2.15** Call The Midwife. (M) **3.15** The Cook And The Chef. **3.45** The Bill. (PG) **4.10** Murder, She Wrote. (PG) **5.00** News. **5.30** The Drum. **6.00** One Plus One. (PG) **6.10** Pointless. **6.55** Clarke And Dawe. **7.00** News. **7.30** 7.30. **8.00** The Checkout: Factory Seconds. (PG) **8.30** The Code. (M) **9.30** The Tunnel: Sabotage. (MA15+) **10.20** Lateline. **10.55** The Business. **11.10** Hitting Home With Sarah Ferguson. (M) **12.10** Lowdown. (M) **12.40** Outside Chance. (M) **1.10** Press Club. **2.10** Late Programs.

ABC2

6.00 Children's Programs. **4.25** Mister Maker Around The World. **4.45** Pocoyo. **4.55** The Numtums. **5.00** Wallykazam! **5.25** Peg + Cat. **5.40** Peppa Pig. **5.50** Kazoos! **6.00** Hey Duggee. **6.10** Octonauts. **6.20** Peter Rabbit. **6.35** Jamillah And Aladdin. **6.50** Shaun The Sheep. **7.00** Spicks And Specks. **7.30** Gruen XL. (M) **8.15** One Plus One. **8.30** Reggie Yates: Extreme Russia. (M) **9.30** Hack Live. **10.30** Trump's Angry America. (M) **11.00** Dumb, Drunk And Racist. (M) **11.30** Jimmy Fallon. (PG) **12.15** Live At The Apollo. (PG) **1.00** Jimmy Fallon. (PG) **1.40** News Update. **1.45** Close. **5.00** Ella The Elephant. **5.10** Boj. **5.20** The Koala Brothers. **5.35** Angelina Ballerina: The Next Steps. **5.45** Abney & Teal.

SBS

6.00 WorldWatch. **12.00** Arabic News. **12.30** Turkish News. **1.00** PBS News. **2.00** Contact. (PG) **2.35** Cathedrals Of Culture. **3.10** SBS Flashback. **3.20** Italian Americans. (PG) **4.25** British Gardens In Time. (PG) **5.30** Letters And Numbers. **6.00** The Little Paris Kitchen. **6.30** SBS World News. **7.30** Sugar Crash. **8.30** Luke Nguyen's Street Food Asia. **9.00** Destination Flavour Down Under. **9.30** Versailles. **11.20** SBS News. **11.30** Movie: Those Who Remain. (M) (2007) **1.15** Ainsley Harriott's Street Food. (PG) **2.10** Who Do You Think You Are? (PG) **3.20** Monster Moves. **4.15** Food Lovers' Guide To Australia. **4.50** SBS Flashback. (PG) **5.00** CCTV English News. **5.30** NHK World English News.

SBS2

6.00 WorldWatch. **12.05** Hindi News. **12.30** Dutch News. **1.00** Urdu News. **1.30** Tamil News. **2.00** Thai News. **2.30** Sri Lanka Sinhalese News. **3.00** Bangla News. **3.30** Somali News. **4.00** The Feed. **4.30** The Island With Bear Grylls USA. (PG) **5.25** 365: Every Day Documentaries. **5.30** Daria. **6.00** If You Are The One. **7.05** Brooklyn Nine-Nine. (PG) **7.30** The Feed. **8.10** Billy On The Street. (PG) **8.35** Billy On The Street. (PG) **9.00** South Park. Return. **9.30** United Shades Of America. (PG) **10.20** HarmonTown. (MA15+) **12.10** The Feed. **12.50** League Nation Live. **2.25** Big Trouble In Thailand. (M) **3.15** Close Up Kings. (PG) **4.10** NHK World English News. **5.00** Korean News. **5.30** Indonesian News.



MOVIES

8.30pm Lust, Caution (2007) Drama. Tony Chiu Wai Leung. (MA15+) **World Movies** **8.30pm Independence Day** (1996) Sci-fi. Will Smith, Jeff Goldblum. (M) **Masterpiece** **8.30pm Interstellar** (2014) Sci-fi. Matthew McConaughey, Anne Hathaway. (M) **Action**

GENERAL

8.30pm The Musketeers. (M) **BBC First** **8.30pm Queen Of The South.** **Showcase** **8.30pm Scandal.** (M) **SoHo**

DOCUMENTARY

7.30pm Parole Board: Victims Speak. (M) **Crime & Investigation** **9.30pm Find My First Love.** (PG) **Lifestyle You** **9.30pm Fill Your House For Free With Gok Wan.** **Lifestyle Home**

SPORT

4.40pm Cricket. First Test. India v New Zealand. Day 1. **Fox Sports 4** **7.00pm Golf.** European PGA Tour. European Open. First round. **Fox Sports 3** **10.30pm Cycling.** UCI World Tour. Eneco Tour. Stage 4. **Eurosport**

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

2209

PERSONAL TRAINING | FEMALE TRAINER
PERSONAL GYM | PERSONAL ATTENTION

“DREAM
A **DOESN'T BECOME REALITY THROUGH MAGIC;**
IT TAKES SWEAT, DETERMINATION & HARD WORK
” COLIN POWELL

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NINE

6.00 Today. **9.00** Today Extra. (PG) **11.30** Morning News. **12.00** Ellen DeGeneres. (PG) **1.00** Movie: The Bad News Bears Go To Japan. (PG) (1978) Tony Curtis. **3.00** News. **4.00** Afternoon News. **5.30** Hot Seat. **6.00** Nine News. **7.00** A Current Affair. **7.30** Rugby League. NRL. First preliminary final. **10.15** Movie: Fire Down Below. (M) (1997) Steven Seagal, Marg Helgenberger, Harry Dean Stanton. A government agent uncovers a conspiracy while investigating the murder of a colleague. **12.25** Movie: The Elephant Man. (M) (1980) Anthony Hopkins, John Hurt, Anne Bancroft. A man is rescued from a freak show. **2.45** Impractical Jokers. (M) **3.15** Nine Presents. **3.30** Extra. **4.00** Global Shop. **4.30** GMA.

GO!

6.00 Children's Programs. **12.30** Ben 10. (PG) **1.00** Ninjago: Masters Of Spinjitzu. (PG) **1.30** Kate And Mim-Mim. **2.00** Sonic Boom. (PG) **2.30** SpongeBob. **3.00** Little Charmers. **3.30** Rabbids Invasion. (PG) **4.00** Kids' WB. (PG) **4.05** Looney Tunes. **4.30** Batman. (PG) **5.00** Ben 10. (PG) **5.30** Teen Titans. (PG) **6.00** Movie: Scooby-Doo! Stage Fright. (G) (2013) **7.30** Movie: The Wedding Singer. (PG) (1998) **9.30** Movie: The Animal. (M) (2001) **11.15** Two And A Half Men. (PG) **11.45** Forever. (M) **1.35** Surfing Australia TV. **2.00** Rabbids Invasion. (PG) **2.30** Kate And Mim-Mim. **3.00** Sonic Boom. (PG) **3.30** Yu-Gi-Oh! (PG) **4.00** Power Rangers. (PG) **4.30** Batman. (PG) **4.50** Thunderbirds. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **9.00** The Morning Show. (PG) **11.30** News. **12.00** Movie: Kid Cop. (PG) (1996) **2.00** The Daily Edition. **3.00** The Chase. **4.00** News. **5.00** The Chase Australia. **6.00** News. **7.00** Better Homes. Joh and Pete visit an inner-city Melbourne home at the cutting edge of sustainable design. **8.30** Movie: Jersey Boys. (M) (2014) John Lloyd Young, Erich Bergen, Michael Lomenda. Four young men from the wrong side of the tracks in New Jersey come together to form a band. **11.25** To Be Advised. **12.25** The Neighbors. (PG) A man discovers his neighbours are aliens. **1.00** The Neighbors. (PG) The gang heads to the mall. **1.30** The Neighbors. (PG) **2.00** Shopping. **4.00** NBC Today.

7TWO

6.00 Shopping. **7.00** Match It. **7.30** Flushed. Final. **8.00** Toybox. **8.30** Harry's Practice. **9.00** Home And Away: The Early Years. (PG) **9.30** NBC Today. **12.00** Better Homes. **1.00** Lovejoy. (PG) **2.00** The Great Outdoors. **3.00** Australia's Best Backyards. **3.30** The Outdoor Room With Jamie Durie. **4.00** Medical Emergency. (PG) **4.30** 60 Minute Makeover. (PG) **6.30** Bargain Hunt. **7.30** The Border. (M) Officers transport a package to Puerto Rico. **8.30** Escape To The Country. Alistair Appleton goes rural property shopping in Bedfordshire. **10.30** Best Houses Australia. **11.00** Cook Me The Money. (PG) **12.00** Australia's Best Backyards. **12.30** Psychic TV. (M) **3.30** Lovejoy. (PG) **4.30** Escape To The Country. **5.30** Shopping.

TEN

6.00 Ent. Tonight. **6.30** The Home Team. **7.00** Ben's Menu. **7.30** Studio 10. (PG) **11.00** The Talk. **12.00** Dr Phil. **1.00** The Living Room. **2.00** Ent. Tonight. **2.30** GCBC. **3.00** Judge Judy. (PG) **3.30** My Market Kitchen. **4.00** Ben's Menu. **4.30** Bold. (PG) **5.00** News. **6.00** Family Feud. Hosted by Grant Denyer. **6.30** The Project. A look at the day's news. **7.30** The Living Room. Amanda turns the tables on Jonathan LaPaglia. **8.30** Have You Been Paying Attention? (M) Special guests include Glenn Robbins, Urzila Carlson, Marty Sheargold, Cal Wilson and Sam Pang. **9.30** To Be Advised. **11.00** To Be Advised. **12.00** The Project. **1.00** The Late Show With Stephen Colbert. (PG) **2.00** Shopping.

ONE

6.00 Home Shopping. **8.00** All 4 Adventure. (PG) **9.00** Undercover Boss. (PG) **10.00** M*A*S*H. (PG) **11.00** Hogan's Heroes. **12.00** Get Smart. (PG) **1.00** Matlock. **2.10** Nash Bridges. **3.50** Diagnosis Murder. **5.00** Star Trek. (PG) **6.00** Family Feud. **6.30** M*A*S*H. (PG) **7.30** MacGyver. (PG) **8.30** Walker, Texas Ranger. (M) **9.30** Movie: True Justice: Brotherhood. (M) (2011) Steven Seagal, Meghan Ory, Warren Christie. **11.30** Get Smart. (PG) **12.30** Home Shopping. **2.00** Hogan's Heroes. **3.00** MacGyver. (PG) **4.00** Walker, Texas Ranger. (M) **5.00** Vegas. (M)

ABC

6.00 ABC News Breakfast. **9.00** ABC News Mornings. **10.00** One Plus One. **10.30** Catalyst. (PG) **11.00** From The Heart. Final. **11.30** Eggheads. **12.00** News At Noon. **1.00** Pointless. **1.45** Call The Midwife. (M) **2.45** Auction Room. **3.15** The Cook And The Chef. **3.45** The Bill. (PG) **4.10** Murder, She Wrote. (PG) **5.00** ABC News: Early Edition. **5.30** The Drum. **6.00** One Plus One. **6.10** Pointless. **7.00** ABC News. **7.30** 7.30. **8.00** Birds Of A Feather. (PG) **8.25** Midsomer Murders. (M) **9.55** QI. (PG) **10.30** Lateline. **11.00** The Business. **11.15** Adam Hills: The Last Leg. (M) **12.00** Rage. (MA15+) **5.00** Rage. (PG)

ABC2

6.00 Children's Programs. **4.55** The Numtums. **5.00** Wallykazam! **5.25** Peg + Cat. **5.40** Peppa Pig. **5.50** Kazoops! **6.00** Hey Duggee. **6.10** Octonauts. **6.20** Peter Rabbit. **6.35** Jamillah And Aladdin. **6.50** Shaun The Sheep. **7.00** Spicks And Specks. **7.30** River Monsters. (PG) **8.20** The Checkout. **8.30** Brexit: The Battle For Britain. **9.20** Angry, White And Proud. (MA15+) **10.10** Dumb, Drunk And Racist. (MA15+) Final. **10.40** Hack Live. **11.40** Jimmy Fallon. (PG) **12.25** Sex Rehab With Dr Drew. (M) **1.05** Sex Rehab With Dr Drew. (M) **1.50** Sex Rehab With Dr Drew. (M) Final. **2.30** News Update. **2.35** Close. **5.00** Ella The Elephant. **5.10** Boj. **5.20** The Koala Brothers. **5.35** Angelina Ballerina: The Next Steps. **5.45** Abney & Teal.

SBS

6.00 WorldWatch. **12.30** Turkish News. **1.00** PBS News. **2.00** Tadao Ando: From Emptiness To Infinity. **3.00** The Point Review. **3.30** Heston's In Search Of Perfection. **4.00** Heston's In Search Of Perfection. **4.30** Who Do You Think You Are? **5.30** Letters And Numbers. **6.00** The Little Paris Kitchen. Final. **6.30** SBS World News. **7.30** Dancing Cheek To Cheek. (PG) **8.35** Movie: The Madness Of King George. (PG) (1994) **10.40** SBS News. **11.10** Movie: Blue Velvet. (MA15+) (1986) **1.20** Hard. (MA15+) **1.55** Hard. (MA15+) **2.30** Hard. (MA15+) **3.00** Hard. (MA15+) **3.30** Hard. (MA15+) **4.05** Hard. (MA15+) **4.40** A Cautionary Tail. **5.00** CCTV English News. **5.30** NHK World English News.

SBS2

6.00 WorldWatch. **11.35** Punjabi News. **12.05** Hindi News. **12.30** Dutch News. **1.00** Urdu News. **1.30** Tamil News. **2.00** Thai News. **2.30** Sri Lankan Sinhalese News. **3.00** Bangla News. **3.30** Armenian News. **4.00** The Feed. **4.30** The Island With Bear Grylls USA. (PG) **5.25** Street Genius. **5.55** 365: Every Day Documentaries. **6.00** If You Are The One. **7.00** Human Resources. (PG) **7.30** Friday Feed. **8.05** Brain Games. **8.30** Adam Looking For Eve. (MA15+) **9.25** Sex For Sale With Rupert Everett. (MA15+) **10.20** Flying To The Ends Of The Earth. (PG) **11.15** Movie: Chinese Zodiac. (M) (2012) **1.15** Movie: Poongsan. (MA15+) (2011) **3.30** PopAsia. (PG) **4.35** NHK World English News. **5.00** Korean News. **5.30** Indonesian News.



MOVIES

6.25pm No Country For Old Men (2007) Crime. Josh Brolin, Javier Bardem. (MA15+) **Masterpiece** **8.30pm Spectre** (2015) Action. Daniel Craig, Christoph Waltz. (M) **Premiere** **10.40pm The Bodyguard** (1992) Drama. Kevin Costner, Whitney Houston. (M) **Romance** **GENERAL** **7.30pm America's Got Talent** (PG) **FOX8** **10.30pm The Tonight Show Starring Jimmy Fallon**. (M) **E!** **DOCUMENTARY** **7.30pm National Enquirer Investigates**. (M) **Crime & Investigation** **8.30pm Cake Boss**. (PG) **Lifestyle Food** **9.30pm Masterchef**. (PG) **Lifestyle Food** **SPORT** **10.15am Gridiron**. NFL. Houston Texas v New England Patriots. **ESPN** **7.50pm Rugby League**. NRL. First preliminary final. **Fox Sports 1** **7.50pm Football**. AFL. First preliminary final. **Fox Footy** **8.00pm Tennis**. ATP World Tour 250. St Petersburg Open. Quarter-finals. **Fox Sports 2**

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

2309

North Lakes Community Women's Group Inc. News

Written by Sam Stevens Publicity Officer NLCWGI

Our General Meeting had a great attendance and included a busy agenda packed full of interesting items. Our President paid a Group tribute to Kath Thearle with the presentation of a ten year Certificate and badge to mark the occasion. Well done Kath. Fees for the coming year were discussed and notification was given that nominations for Executive would be open at the October General meeting. The Christmas raffle is set to be a big one with multiple prizes of vouchers up for grabs. After a very successful Cent Auction it was decided to once again help Woody Point Special School by purchasing an iPad for one of their students.

We extend our gratitude to the following entities for their generous support of our Cent Auction: Rustic Olive, Redcliffe; North Lakes Golf Club; Bunnings, North Lakes; The Natural Candle Shop, Redcliffe; Serendipity Wellness; Move On Realty, Redcliffe; Mel.O.Dramatic Nailz.

Tuesday 20th September 09:45 GUEST SPEAKER. Motivational Speaker Ann Farmilo, a great person of interest that will keep us entertained and informed, always a winner.

Tuesday 27th September 11:30 LUNCH. Sea Salt & Vine, Reef Point Esplanade, Scarborough, located right on the waterfront at Scarborough, a few minutes from Redcliffe, opposite the Scarborough Holiday Caravan Park. The waterfront Café menu is focused on contemporary Australian cuisine with some café favourites combined with a selection of modern affordable dishes.

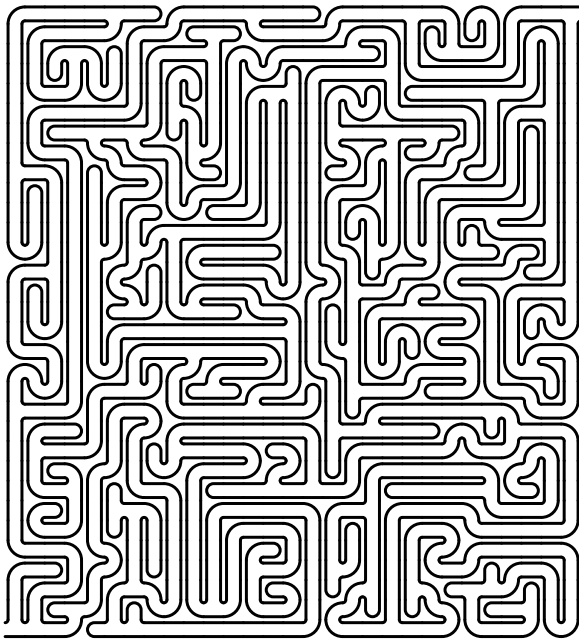
Tuesday 4th October 09:45 MONTHLY GENERAL MEETING. Firstly general business and a catch up on absent friends then on to our up and coming agenda. We like to involve all members in these meetings so do come along.

Our meetings are open to all women in North Lakes/Mango Hill – Moreton Bay district. Please refer to our listing under the Community Notice Board. For more information contact Julie, 3886 4552; Colleen, 0418 658 442; Carmen, 3491 9410.

Sudoku

6				8		9		
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		3						7
4							7	3
			2		4			
2	5							1
9						3		
				5	8	7		2
		4		7				6

Amazing Mazes



Crossword Solution from last issue

T	O	M	C	A	T		R	A	D	I	A	T	E
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Crossword 6449

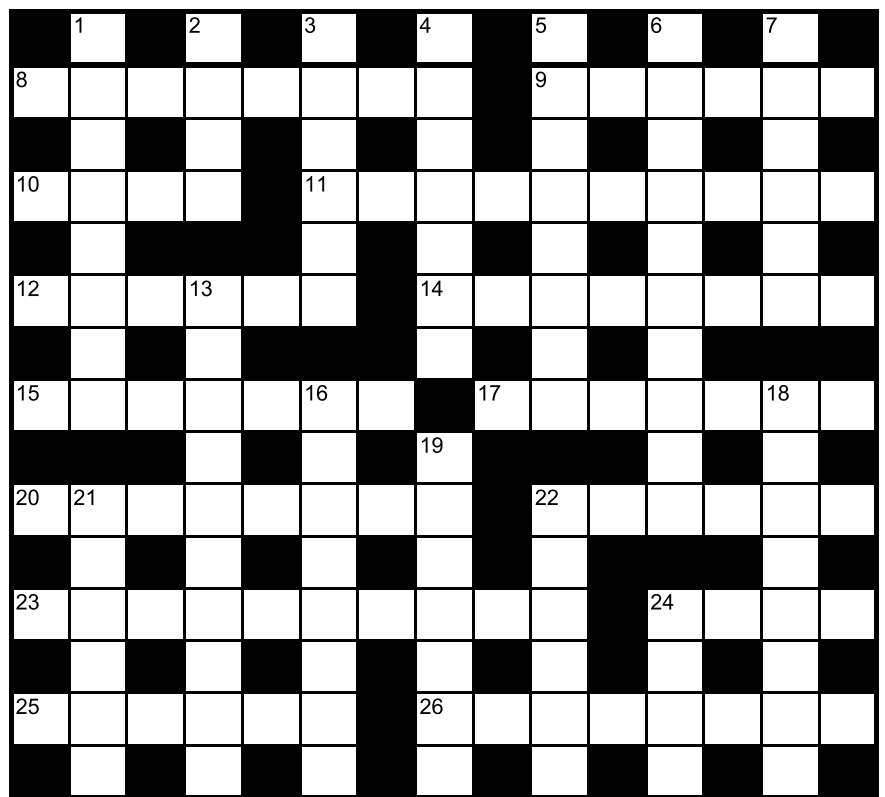
Kindly provided Olympics 2020 hopeful - Laurie Stibbe

ACROSS

- 8 Primitive aerodrome
- 9 Famous Australian airline
- 10 Jetty
- 11 Quarries
- 12 Elves
- 14 City in Northern Texas
- 15 Food fish of warm seas
- 17 Out of the ordinary
- 20 Term of a person's life
- 22 Sleep visions
- 23 These puzzles
- 24 Curved shape above a door
- 25 The event of being born
- 26 The event of being born

DOWN

- 1 Non-military citizen
- 2 Computer operator
- 3 Widely cultivated flower
- 4 Unique, exceptional
- 5 Underwater swimmer
- 6 Foresee
- 7 Cheap showy jewellery
- 13 Mental picture
- 16 Delegates authority
- 18 Fighting rooster
- 19 Participant
- 21 Encroachment
- 22 Neglect
- 24 Region



COMMUNITY NOTICE BOARD ONLINE

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To post email: community@northlakesmessenger.com.au

- Maximum of 60 words per submission
- Please resubmit your item in full when making alterations
- Entries updated every Thursday
- Your submission will run ongoing until you notify us otherwise



Uni and surrounds given priority status

The former Petrie paper mill site and its surrounds will be transformed into a world-class innovation and knowledge precinct supporting more than 6,000 jobs, after the state Government declared it Queensland's next Priority Development Area

Deputy Premier Jackie Trad joined Moreton Bay Regional Council Mayor Allan Sutherland for the announcement of the Priority Development Area (PDA), which will be fondly known as 'The Mill at Moreton Bay' to pay homage to the site's historic roots.

"Over the next 20 years, this prime piece of land will be transformed into a vibrant urban community, with Petrie town centre and the new University of the Sunshine Coast (USC) campus at its core," Ms Trad said.

"By granting The Mill PDA status, we will partner with Council to accelerate the development of the whole site, ensuring the university campus will be open to students by semester one 2020."

"The Mill will be an engine room of economic activity, generating \$950 million for the Queensland economy and supporting more than 6,000 jobs by 2036 in fields such as education, technology, health and research.

"I applaud Moreton Bay Regional Council for their hard work and determination in getting this project off the ground and look forward to working together to bring The Mill to life."

Moreton Bay Regional Council Mayor Allan Sutherland said the Queensland Government's approval of The Mill at Moreton Bay PDA was fantastic news for the future of one of Australia's fastest growing urban areas.

"Until now, this site was our platform for a university campus. Now, it's so much more," Mayor Sutherland said.

"PDA status will unlock the full potential of the university's surrounding land to create a vibrant community hub where people can live, work and play around education.

"The Mill is a bold new vision for our region and will help us to diversify and future-proof our economy. I thank the State Government for partnering with Council to drive this transformational project forward."

Member for Kallangur Shane King said Priority Development Area declaration was welcome news for the region.

"The Moreton Bay Region is one of the fastest growing urban areas in the country, with our population expected to grow by 40 percent over the next 20 years," Mr King said.

"I'm delighted the Deputy Premier has granted The Mill PDA status which will be a catalyst for development and bring the jobs and business activity that our region needs."

Member for Pine Rivers Nikki Boyd said The Mill will be a key urban renewal site, attracting thousands of jobs to the region.

"This is an exciting opportunity for the Palaszczuk Government to work with Council to facilitate the transformation of this area – this could include sporting facilities, entertainment and dining areas, cycle pathways and parklands," Ms Boyd said.

Key features of 'The Mill at Moreton Bay' PDA are:

- 460 hectares, including 94 hectares of conservation land and 16 hectares of lakes, spanning Petrie, Kallangur and

Lawnton

- New University of the Sunshine Coast Petrie campus at the core of a revitalised Petrie town centre, providing local tertiary opportunities for more than 400,000 residents in an area which currently has no university
- The university will potentially generate \$950 million for the Queensland economy
- 100 direct jobs per year through university construction and more than 6,000 ongoing jobs by 2036 generated by the PDA
- New retail and commercial spaces, residential development, sporting facilities, shared pedestrian and cycle pathways, entertainment and dining areas and parklands
- Encompassing Petrie and Kallangur train stations, promoting transit oriented development and public transport use

With the PDA now declared, Moreton Bay Regional Council will work closely with the State Government and the community to finalise a development scheme for the site within the next 12 months, to clearly guide its future over the next 20 years.

To ensure work on the university campus continues, an Interim Land Use Plan will be in place until the development scheme is finalised.

For more information on The Mill at Moreton Bay visit [//moretonbay.qld.gov.au/themill](http://moretonbay.qld.gov.au/themill) or www.dilgp.qld.gov.au/the-mill-pda



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Perched on a large corner allotment in a highly elevated position in Freshwater Precinct, overlooking parkland adjacent Lake Eden, and just a stones' throw from North Lakes town centre itself, is this elegant and immaculate Ex-Display Home.

Bold and striking, yet with an innate sense of dignity, this 3 Bedroom + Study residence is unlike any other on offer in North Lakes, and is truly an Absolute Must to Inspect!

- 3 Large Bedrooms, ensuite & WIR to master
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7 Auburn Lane, North Lakes
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Sale Inviting all offers

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36 Lochside Drive, North Lakes
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For further info on these fantastic homes call Darren Suhle 0400 197 529





North Lakes 3 Hare Street

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The 4 Living Areas this home include a Media room & Big Rumpus room - making this home perfect for those who need 3 bedrooms but crave space in all other areas. Your imagination can run wild and limitless here - it's up to you how you would use the many large living areas of this home - for example, the Media Room could also make a huge study or additional lounge room. There is a separate Spacious Family Room with feature walls and component nook for the TV cabinet and accessories. The kitchen and breakfast bar overlooks both the entertaining area and a large open-plan living room that provides plenty enough space to be a dedicated meals area.



3 2 2

Sale

By Tender 5pm 24th Sept
View Saturday 10.00 - 10.30am
Darren & Lisa Suhle
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For Sale



Mango Hill 14 Zircon Place

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